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# seventeen

August 2007

Fashion  
& Beauty

Back-To-School  
Preview!

698

Ways To  
Look  
Pretty

**PLUS:** Exclusive  
Discounts Inside!

Are You Sure  
You're Still  
A Virgin?

See Page 126

**Hilary  
Duff**

Who's She  
Crushing On  
Now???

Download  
Hilary's Music  
**For Free!**

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To Making A  
Good First  
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**AND A GREAT BODY**

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This  
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You!

**66 I Killed My Best  
Friend By Accident! 99**





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# feet



less

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new

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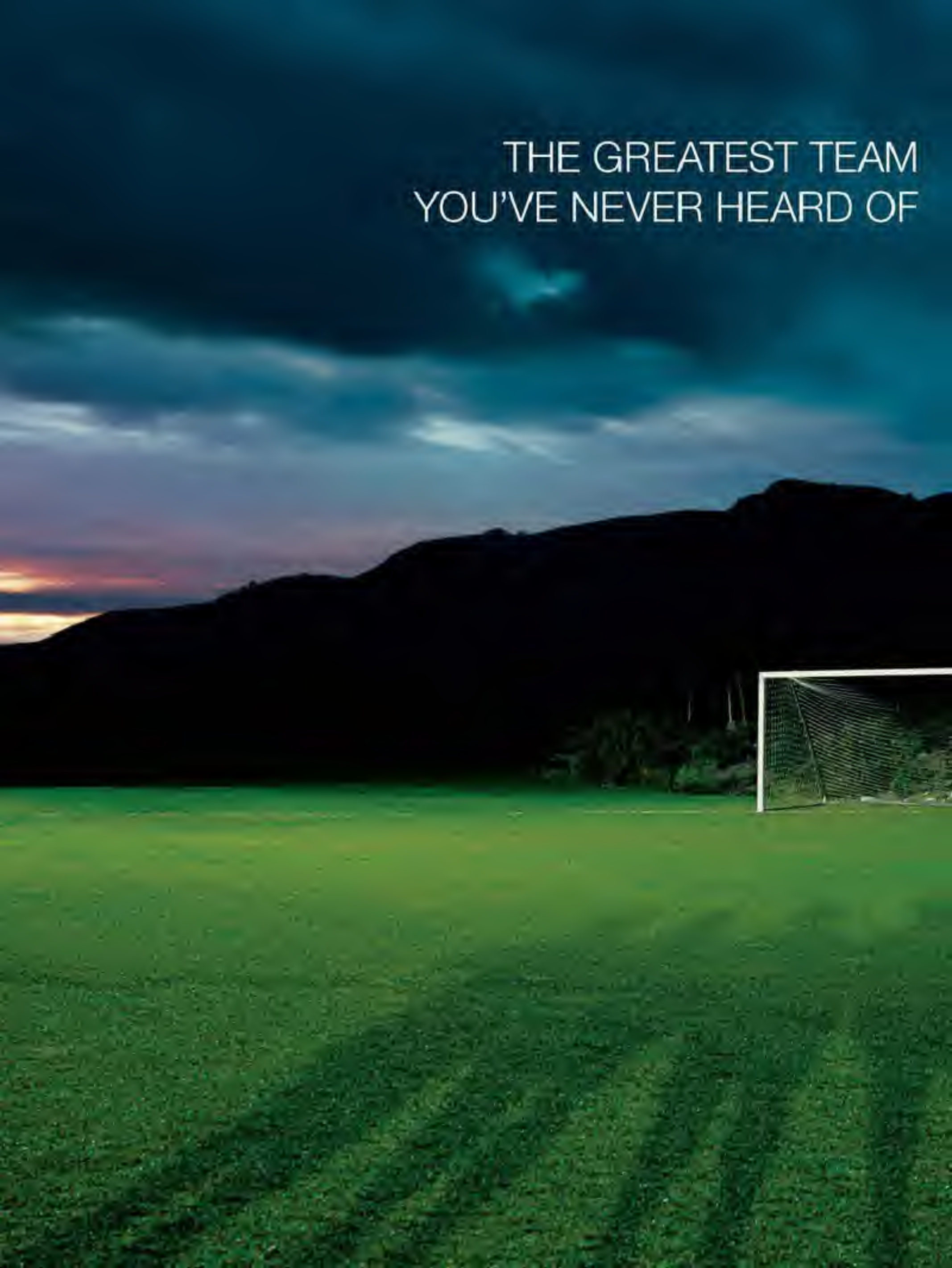


## GARNIER

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includes a tattooed surfer, a scholar, a college football fanatic, a humanitarian, and a trucker-hat-wearing scuba diver. The scholar gets the humanitarian to run more sprints in practice. The scuba diver gets the football fanatic to relax. The surfer teaches the scholar how to, well, surf. This team's differences don't trigger yelling or backstabbing or ball-hogging or losses. This team's differences make The Greatest Team You've Never Heard Of stronger.





THE GREATEST TEAM  
YOU'VE NEVER HEARD OF





has together missed out on 13 proms, 74 birthdays, 21 Thanksgivings, and 989 boyfriends. And they don't regret it. They know why they give up these things. They know that game-changing slide tackles and goals and championships and having a second family and doing it all for each other are the rewards. They know to put team above all else. They are The Greatest Team You've Never Heard Of.





A fashion advertisement featuring two women walking in a city street. The woman on the left is wearing a dark blue trench coat over a blue top and dark pants. The woman on the right is wearing a light beige trench coat over a white top and light blue jeans. The background shows a blurred city street with other pedestrians.

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Did your senior class create a book drive for your community library? Or did you organize a car wash to raise money for the football team?

**Write in and tell us how you "shared your spirit" at school or in your community!**

### HOW TO ENTER

Mail your entry to:  
Maybelline New York's Share the Spirit Contest  
c/o *Seventeen*'s Promotion Department  
300 W. 57th Street, 18th Floor  
New York, NY 10019

Be sure to include your name, address, phone number, e-mail address and date of birth. Deadline for Entries: August 14, 2007

SHARE THE SPIRIT CONTEST RULES: NO PURCHASE NECESSARY TO ENTER OR WIN. Contest is open to legal residents of the United States who are 13-24 years of age at time of entry. The contest begins on July 10, 2007. Entries must be postmarked by August 14, 2007 and a maximum of 250 words. APV grand-prize package: \$10,000. For official rules, go to: [www.seventeen.com/check/put](http://www.seventeen.com/check/put) or send an SASE to "Maybelline New York Share the Spirit" Contest Rules, 300 W. 57th Street, 18th Fl., New York, NY 10019. (VT residents may omit return postage.) Void where prohibited.



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\*New CoverGirl Kim Bissell wears clean makeup. ©2009 CoverGirl Inc.  
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# August 2007



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## on the cover

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- 46 698 Ways to Look Pretty** The entire issue is filled with tips.
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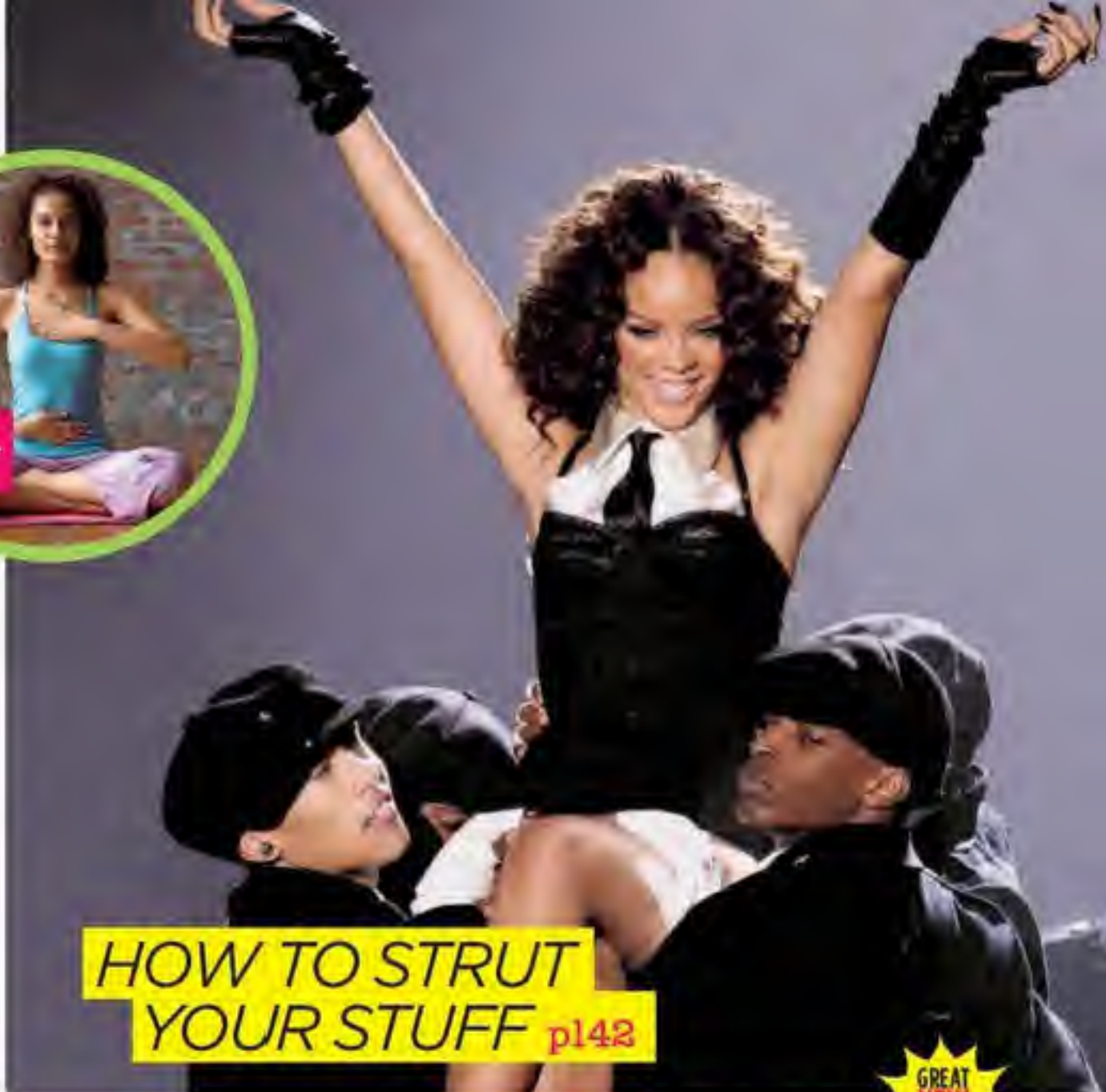
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sunday

monday

tuesday

wednesday

thursday

friday

saturday

**HOW TO ENTER:** Starting on **August 1**, log on to **seventeen.com/freebies** daily and type in the **Freebie Phrase of the Day (in red)** to be eligible to win that day's prize. But hurry—each Freebie will be live for just 24 hours, beginning at 12 A.M. EDT. Winners will be posted online the next weekday by 10 A.M. EDT. Go to **seventeen.com/freebies** or page 202 for details.



1 winner!  
Cutie-pie tee from  
David & Goliath  
{dessert}



1 winner!  
Hearts tee from  
Self Esteem  
{green}



5 winners!  
Bambi tee from  
Disney Couture  
{deer}



1 winner!  
Stars thermal tee from  
Self Esteem  
{gray}



5 winners!  
"Get Over It" tee from  
Anchor Blue  
{attitude}



7 winners!  
Music tee from  
Crooked Monkey  
{rock}



5 winners!  
"Love & Peace" tee from  
Alpha Industries  
{fire}



1 winner!  
Sea-horse tee from  
Primp  
{sea}



1 winner!  
Butterfly tee from  
Anoname  
{flutter}



10 winners!  
"Love Yourself" tee from  
RubyLove  
{love}



1 winner!  
"Paws Off" tee from  
David & Goliath  
{dog}



1 winner!  
Clouds tee from  
Self Esteem  
{rain}



5 winners!  
Apples tee from  
Zoo York  
{fruit}



5 winners!  
"Teamwork" tee from  
Run21  
{milk}



10 winners!  
"Smile Big" tee from  
RubyLove  
{smile}



1 winner!  
Cookies tee from  
David & Goliath  
{sweet}



5 winners!  
Graphic tee from  
Zoo York  
{abstract}



7 winners!  
"Buddha-tiscious" tee from  
Crooked Monkey  
{spirit}



5 winners!  
Horse tee from  
Paul Jacober  
{trot}



7 winners!  
Stalking tee from  
Crooked Monkey  
{veggies}



5 winners!  
Sunset tee from  
Chip & Pepper  
{surf}



1 winner!  
Tinkerbell tee from  
Disney Couture  
{wings}



10 winners!  
"Listen to Your Heart" tee from  
RubyLove  
{heart}



1 winner!  
"Boys Like Me" tee from  
David & Goliath  
{ }



1 winner!  
Bird tee from  
Primp  
{tweet}



1 winner!  
"Together Forever" tee from  
Rue21  
{jelly}



1 winner!  
Strawberry tee from  
Primp  
{berry}



5 winners!  
Graphic tee from  
Zoo York  
{yellow}



10 winners!  
Audrey Hepburn tee from  
LOL Vintage  
{classic}



1 winner!  
"Ex-Boyfriend" tee from  
David & Goliath  
{picture}



1 winner!  
Skull tee from  
Etnies Girl  
{lightning}

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you recycling us yet? ☺  
xo xo -Ann

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**Truer Color Payoff**  
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**Brilliant  
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Enticing  
#382

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Milla is wearing Brilliant Shine Lip Gloss in Enticing #382.  
To tap into the world of color go to [www.hipcolor.com](http://www.hipcolor.com)  
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hi from ann



## BLOG

Find out what's going on at Seventeen, and talk to Ann at [seventeen.com/ann](http://seventeen.com/ann).

# Hi!

If you could raid anyone's closet, whose would it be? I don't even have to **think** about it: I want to dress like Jennifer Lopez. (I wouldn't mind trading bodies with her too, but that's another story!) She always looks so pretty with an **ultra-cool** edge. And she has an amazing confidence in the way she dresses, like she could walk into any room and **own** it. I think we all want to project that vibe once in a while. So when I'm shopping, I ask myself, What would Jennifer wear? Don't laugh—**it works!** It helps me channel a little bit of her confidence in my clothes. So now that you're starting to think about buying your back-to-school **wardrobe**, ask yourself what kind of **attitude** you want to project this year. Do you want to be sexy like Rihanna? Sweet like Rachel? Cool like Kirsten? We've got the most **amazing new clothes** for everyone, starting on page 46. But the best part about testing out a star's style (and **confidence**) is that pretty quickly it becomes yours! Tell me whose closet you'd like to raid at [ann@seventeen.com](mailto:ann@seventeen.com).

XOXO—A.

Hey, Jennifer:  
I've got the  
same  
earrings!



**jennifer lopez**

She radiates star power in whatever she wears!



**kirsten dunst**

Have you ever seen Kirsten *not* look chic? Me neither!



**avril lavigne**

She's a bad-a\*\* in the best possible way!



**rihanna**

Her look is '80s retro, but her positive attitude is totally modern!



**rachel bilson**

Rachel's Cali style tells the world she's cool and sunny!

My closet  
isn't usually  
so neat!



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See [www.zappos.com/cs.zhtml](http://www.zappos.com/cs.zhtml) for details.

# get hilary's cover look

Miss Duff's subtly sexy makeup—rosy cheeks and smoky eyes—is perfect for an end-of-summer party. The best part: It takes only a few key products!

try: Elizabeth Arden Color Intrigue Eyeshadow in Teak, \$13, [macys.com](http://macys.com)

try: Elizabeth Arden Double Density Maximum Volume Mascara in Black, \$18, [macys.com](http://macys.com)

try: Elizabeth Arden Smoky Eyes Powder Pencil in Smoky Black, \$15, [macys.com](http://macys.com)

try: Elizabeth Arden Color Intrigue Cheekcolor in Pink Glow, \$20, [macys.com](http://macys.com)



Top by Erica Davies for Development. Earrings by C Green for Kaviar and Kind. Fashion Stylist: Nicole Chavez. Hair: Peter Savic. Makeup: Rachel Goodwin. Manicure: Lisa Postma. Photo: Cliff Watts.

VIDEO

Go behind the scenes of Hilary's cover shoot at [seventeen.com/cover](http://seventeen.com/cover).

## behind the scenes

**COVER GIRL:** Hilary Duff

**ARRIVAL STYLE:** She arrived on the set wearing a gray patterned top, super-skinny gray jeans, and gray Marc Jacobs heels.

**JET-SETTER:** Hilary had just gotten back from Florida and showed the crew funny pictures of herself posing with elephants!

**WIGGING OUT:** A few days before the shoot, Hilary blogged about wanting to go blonde—so we made sure we had a blonde wig for her to try on set! Turns out, she was just thinking about getting a few golden highlights.

*She makes a cute blonde too!*



**TURN** for more Hilary scoop! ➔

ALL DUFF PHOTOS: CLIFF WATTS. STYLING: JEFFREY MAYER. HAIR: PETER SAVIC. MAKEUP: RACHEL GOODWIN. MANICURE: LISA POSTMA. PHOTO: CLIFF WATTS.




  
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See more  
photos  
from the  
shoot on  
page 152!

seventeen reader reward

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# what you think!

We hear you: These are the e-mails about the June issue that got *us* talking!

**HOT TOPICS**  
Seventeen readers are talking about



## FERGALICIOUS?



I was so **excited** to see Fergie on the cover of *Seventeen*! Not many people know what a great role model she can be! I loved her letter to herself—it really shows how everyone is **human**, including celebrities. Lots of people think Fergie is trashy, but this really goes to show how *un-trashy* she is! You **rock**, *Seventeen*! And so do you, Fergie!

—samantha, 15, terre haute, in

I was horrified to see Fergie on the cover! She claims to not be a **slut**, but then she goes around singing about how she makes guys go crazy and she **teases** them. Oh, really?! She should sing about being a strong woman—not about being slutty.

—rebecca, 15, richmond hill, ga

## PARTY'S OVER



Thank you so much for the "Party Girls!" article. It was a real **eye-opener** for

## COMMENT OF THE MONTH

AUBREY



05/15/07 12:30 P.M.

me! I recently broke up with my first serious boyfriend. Feeling lonely, I wanted the **attention** of other guys. I started getting drunk, hooking up, and doing lots of other **stupid** stuff at parties. There are pictures that I'm not happy about on Facebook and MySpace, and my family and friends have seen them. I now realize that I had people's attention, but that's about it. I lost a lot of friends and ended up **disappointing** others and myself by the way I acted. Thank you for helping me realize how to change for the better!

—sabrina, 18, topeka, ks

## DJ WHO?



I thought it was pretty **funny** that you chose DJ AM to give us love-life advice

["Love Lessons From . . . DJ AM"]. He's hardly a **heartthrob**! Didn't he

**GREAT IDEA!**  
CHECK OUT OUR  
YOGA WORKOUT ON  
PAGE 120!

"I think you should do your workout section on **yoga**. I just started, and it makes me feel so relaxed and a whole lot **better** about myself!"

([myspace.com/180038382](http://myspace.com/180038382))

Want to see your face in *Seventeen*? Go to [myspace.com/seventeen\\_magazine](http://myspace.com/seventeen_magazine), add us to your friend list, and post a comment!

**TURN** for more letters! →



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**17 wireless poll**

**Have you ever had a summer fling?**

**66% yes**  
**34% no**

get dumped by Nicole Richie and Mandy Moore? I'd rather get advice from someone like, say, Justin Timberlake. It definitely seems like he'd **know** what he's talking about!

—jennifer, 19, new york, ny

### HEADSTRONG

Thanks for the story "I Had Brain Surgery . . . for Headaches!" My best friend, Amanda, had the same **condition** as Shauna [Chiari malformation]

and had to go through two surgeries. Hearing that my friend needed brain surgery scared me to death! I was so **worried** for her, but I never knew the full extent of the problem or the causes and effects. I was too afraid to ask for fear of approaching a **touchy** subject. I happened to receive June's issue on what we call a "roomie night," which is our weekly bonding time before college. The article helped us to discuss the surgeries and brought us even **closer**. Hopefully this article will help someone who doesn't understand why her headaches won't go away.

—lauren, 18, louisville, ky



### DADDY'S GIRL

It's important to have a healthy relationship with your parents, but I was unhappy reading "The Drama With Dad." One of the last lines said, "No matter what **drama** has come between you and your dad, he just wants you to be happy." Some people are not so

**fortunate** to have a loving and caring father. My best friend's father has been in jail for murder since she was born. Her mom sent pictures showing him how beautiful his daughter is, but he would call her a tramp in his letters back. He was disappointed in a child he didn't even **know**. Some people cannot have a close connection with their parents, and in cases like my friend's, it's the father who isn't deserving of a bond.

—alyssa, 17, belleville, nj

### KISS AND TELL

I recently read your article on how to be a great **kisser** ["Be the Best Kisser!" in April's issue]. My friend gave it to her boyfriend to look at. He did, and the next time he kissed my friend, she said he was so much **better** than before!

—morgan, 14, strongsville, oh

### PROBLEM SOLVED—PERIOD

I thought the article "Is Your Period Normal?" was reassuring and **helpful**. My friends and I were just discussing our periods, but sometimes it becomes **awkward** trying to explain your problem in detail. Seeing answers from professionals really put our minds at ease. One of my friends had the same question about her period as one of the girls who wrote in. After reading the doctor's response, she now knows she was making a fuss over nothing and realizes that her period is actually **normal**. Thanks, Seventeen, for offering insightful health stories that we know we can trust!

—christina, 21, los angeles, ca

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# fashion

SHOW OFF YOUR

## DENIM

This fall, great style is in your jeans. Here are the best new trends—and the best ways to work them!

**Jeans** Sizes 1–11, Refuge, \$75; select Charlotte Russe stores.  
**Top** Sizes 5–L, Say What?, \$65; select Macy's.  
**Saree** \$65 Urban Outfitters, \$75 Urban Outfitters stores and [urbanoutfitters.com](http://urbanoutfitters.com).  
**Necklace** Wet Seal, \$25 Wet Seal stores and [wetseal.com](http://wetseal.com).  
**Bracelets** Charlotte Russe, \$25 for set of 10, Charlotte Russe stores.  
**Watch** Nixon, \$100 [nixonnow.com](http://nixonnow.com).  
**Ring** Charlotte Russe, \$25 Charlotte Russe stores.  
**Bag** Super Trader, Inc., \$100 [lulusfashionlounge.com](http://lulusfashionlounge.com).  
**Shoes** Sizes 6–11, Chinese Laundry, \$75 [chineseclaudy.com](http://chineseclaudy.com).

THE TREND

### super-skinny

Give these ultra-tight jeans a more relaxed feel by wearing them with a loose top that moves when you walk.





**THE TREND**  
**high-waisted**

A wide belt worn over your top exaggerates the cool shape of these leg-lengthening jeans.

**jeans** Sizes 1/2-23/24, Crest Jeans, \$30, 866-374-3310.  
**shirt** Sizes XS-XL, Esprit, \$40, select Nordstrom.  
**top** (underneath shirt), sizes XS-XL, Fox, \$56, fox-girl.com.  
**belt** Sizes S-XL, Express, \$80, select Express stores.  
**necklace** Wish pendant, K + K Creative for Wet Seal, \$6, Wet Seal stores and wetseal.com; chain, Claire's, \$5, Claire's stores.  
**bracelets** Thin gold bracelets, Icing, \$7 for set of six, Icing stores; thick gold bracelets, Claire's, \$7 for set of three, Claire's stores and claires.com.  
**shoes** Sizes 5-11, Charles Albert, \$34, cos.com.

**cool**

"When I wear denim, I usually like to keep it pretty simple on top so I can show off my jeans... and my legs!" -sukanya, 17



**THE TREND**  
**ultra mini**

Take your favorite summer mini into the fall by adding a vest and trading your sandals for some slip-on sneakers.

**skirt** Sizes 0-13, Candie's, \$40, Kohl's.  
**vest** Sizes XS-L, Jesa & Jonnie, \$34, Nordstrom.  
**t-shirt** Sizes S-L, Eyll, \$82, saksfifthavenue.com.  
**headband** Forever 21, \$8, Forever 21 stores and forever21.com.  
**necklace** Forever 21, \$7, Forever 21 stores and forever21.com.  
**shoes** Sizes 4-11, Draven, \$34, dravengirls.com.

**THE TREND**  
**cherry-red**

Have fun with jeans in this bold color! Pair them with a cute logo tee and some funky accessories.

**jeans** Sizes 1-13, Hot Kiss, \$58.  
**Windsor shorts**  
**jeans** Sizes 5-L, Wet Seal, \$30, Wet Seal stores.  
**t-shirt** Sizes S-XL, House of Mental, \$20, houseofmental.com.  
**accessory** Girlprops, \$5, girlprops.com.  
**necklace** Charlotte Russe, \$7 each, select Charlotte Russe stores.  
**bracelets** Claire's, \$7 for set of three, Claire's stores and claires.com.  
**shoes** Sizes 6-11, Oh Deer!, \$60, ohdeerishoes.com.



**TURN** for girly denim! →



THE TREND

## faded gray

When you're wearing softly faded gray jeans, keep the rest of your outfit in soft, subtle colors too.

**Jeans** Sizes 0-10, Levi's, \$58, levis.com.  
**shirt** Sizes XS-L, Soundgirl, \$48, soundgirl.com.  
**t-shirt** (underneath), sizes S-XL, Junk Food, \$34, junkfoodclothing.com.  
**necklaces** Forever 21, \$7 each, Forever 21 stores and forever21.com.  
**shoes** Sizes 6-11, Keds, \$46, keds.com.



THE TREND

## long shorts

If you've got great calves, show them off with dark denim shorts and cool ballet flats.



**Jeans** Sizes 3-13, Arizona by JCPenney, \$58, JCPenney.  
**shirt** Sizes XS-L, Soundgirl, \$48, soundgirl.com.  
**necklaces** Claire's, \$5, Claire's stores and claires.com.  
**necklace** Forever 21, \$5, Forever 21 stores and forever21.com.  
**shoes** Fred Flare, \$40, fredflare.com.  
**ring** Forever 21, \$5, Forever 21 stores and forever21.com.  
**bracelets** Mixt, \$18 for set of three, JCPenney.  
**shoes** Sizes 5½-11, Yellow Box, \$89, splagel.com.

# girly

"I have so many pairs of jeans, so I can dress for my mood—but I always want to look pretty and feminine!"  
 —juliya, 18

THE TREND

## midnight black

Black jeans make your legs look super-slim—and they're the perfect backdrop for a bright top and even brighter shoes!

**Jeans** Sizes 25-32, 11t Jeans, \$76, Nordstrom.  
**shirt** Sizes XS-XL, Roxy, \$38, Quiksilver/Roxy stores.  
**top** (underneath tank), sizes S-XL, L.A.L., \$86, Kohl's and JCPenney.  
**necklace** Forever 21, \$7, Forever 21 stores and forever21.com.  
**bracelets** Icing, \$7 each, icing stores.  
**shoes** Sizes 6-10, Guess?, \$89, select Guess? stores.



### WEB EXTRA

Find out what size clothes you wear at your favorite stores at [seventeen.com/perfectfit](http://seventeen.com/perfectfit).



# CHECK IT OUT!

Go online to [www.seventeen.com/checkitout](http://www.seventeen.com/checkitout) for complete info!

## Rock the Runway Style Search/Fashion Show/Concert Tour

Seventeen is hitting the road in search of stylish, dynamic girls to "Get Discovered" at our nationwide mall tour. The lucky winners will star in a Seventeen photo shoot and appear on [seventeen.com](http://seventeen.com)! Check out a live concert and exciting fashion shows, plus take home tons of free goodies from our sponsors (see next month's issue for artists and more sponsors).

Wayne, NJ / Willowbrook Mall  
Saturday, August 11 (2-4 PM)

West Dundee, IL / Spring Hill Mall  
Saturday, August 18 (2-4 PM)

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**Model line closes at 3:30 PM**

**P.S.** We're looking for girls and guys near these 2 cities to model in our fashion shows. Please send your photo (including phone number, hometown, age, height, shirt, pant and shoe size in an email) to [checkitout@seventeen.com](mailto:checkitout@seventeen.com). Be sure to include "Rock the Runway" in the subject line!



events

## JCPenney Mix It Up Challenge

You could be onstage with the hottest celebs at the event of the year as a Teen Choice 2007 Trophy Presenter! Mix and match your favorite JCPenney back-to-school fashions, snap a photo and you could be on your way. Two grand-prize winners will be flown to LA to present the trophies throughout the show! To enter the Mix It Up Challenge, visit JCPenney—and for more info, log on to [jcp.com/teenchoice](http://jcp.com/teenchoice).



## Maybelline New York Shine Seduction Gift Giveaway

Get magnified shine and feel so divine with Maybelline New York's **Shine Seduction**™ Glossy LipColor. The exclusive sculpting wand lavishes lips... with magnified shine that feels as seductive as it looks! Infused with aqua-botanicals and Vitamin E, it comes in 20 seductive creams and shimmers! Purchase any Maybelline New York Shine Seduction Glossy Lipcolor, and score this super-cute *Seventeen* t-shirt!

Just mail your receipt (or copy of) to:  
Shine Seduction Gift Giveaway, Seventeen's Promotion Department  
300 W. 57th Street, 18th Floor New York, NY 10019  
**Deadline: August 14, 2007**

Check out this issue to find out how to enter Maybelline New York's "Share the Spirit" contest for a chance to win \$5,000 for your school, plus \$5,000 for you!



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## Gillette Venus Breeze

Rihanna has legs of a goddess. Do you?

Singing sensation Rihanna and **Venus** are in search of the most beautiful legs in America. For more details about the "Legs of a Goddess" Contest, visit [venusbreeze.com](http://venusbreeze.com).



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## trendy

"With jeans, anything goes!  
I like to experiment with different  
cuts and shapes!"

—irene, 19

### THE TREND

## ultra wide-leg

A cropped jacket balances out the full hem of these pants and highlights your figure—heels keep them from dragging on the floor!

**jeans** Sizes 24–32, Silver Jeans, \$80, silverjeans.com.  
**jacket** Sizes XS–XL, Tulie Clothing, \$75, styloviolet.com.  
**tank** (underneath jacket), sizes S–XL, Rocawear, \$44, Macy's and rocawear.com.  
**bracelets** Charm bracelet, \$6; white bangle, \$6; and snakeskin bangle, \$6; all Forever 21, Forever 21 stores and forever21.com.  
**necklace** Icing, \$6, icing stores.  
**shoes** Sizes 5–11, Charles Albert, \$34, ccs.cbm.

### THE TREND

## pencil skirt

Loosen up a tight-fitting straight skirt by mixing it with your favorite hoodie and a soft camisole.

**skirt** Sizes 0–12, Armani Exchange, \$79, armanixchange.com.  
**hoodie** Sizes XS–L, Chip & Pepper, \$50, shopbp.com.  
**camis** (underneath hoodie), sizes S–XL, Arizona by JCPenney, \$15, JCPenney.  
**necklaces** Heart necklace, Akademiks, \$20, manalive.com; blue necklace, Mkt, \$18, JCPenney.  
**shoes** Sizes 6–10, Raup, \$20, 5·7·9 stores.



### THE TREND

## wide suspenders

Try something new! Standout jewelry and metallic shoes will help you work this fashion-forward trend.



**jeans** Sizes 3–13, Jou Jou, \$25, Burlington Coat Factory stores.  
**top** Sizes S–L, Lucy Love, \$39, beckersurf.com.  
**tank** (underneath top), sizes XS–XL, Metro7, \$7, Wal-Mart stores.  
**necklace** Jola Co., \$11, lulusfashionlounge.com.  
**ring** Forever 21, \$3, Forever 21 stores and forever21.com.  
**bracelets** Thin blue bracelets, \$7 for set of six; gold bracelets, \$7 for set of twelve, both Claire's, Claire's stores and claires.com.  
**shoes** Sizes 7–12, Charles Albert, \$24, torrid.com.





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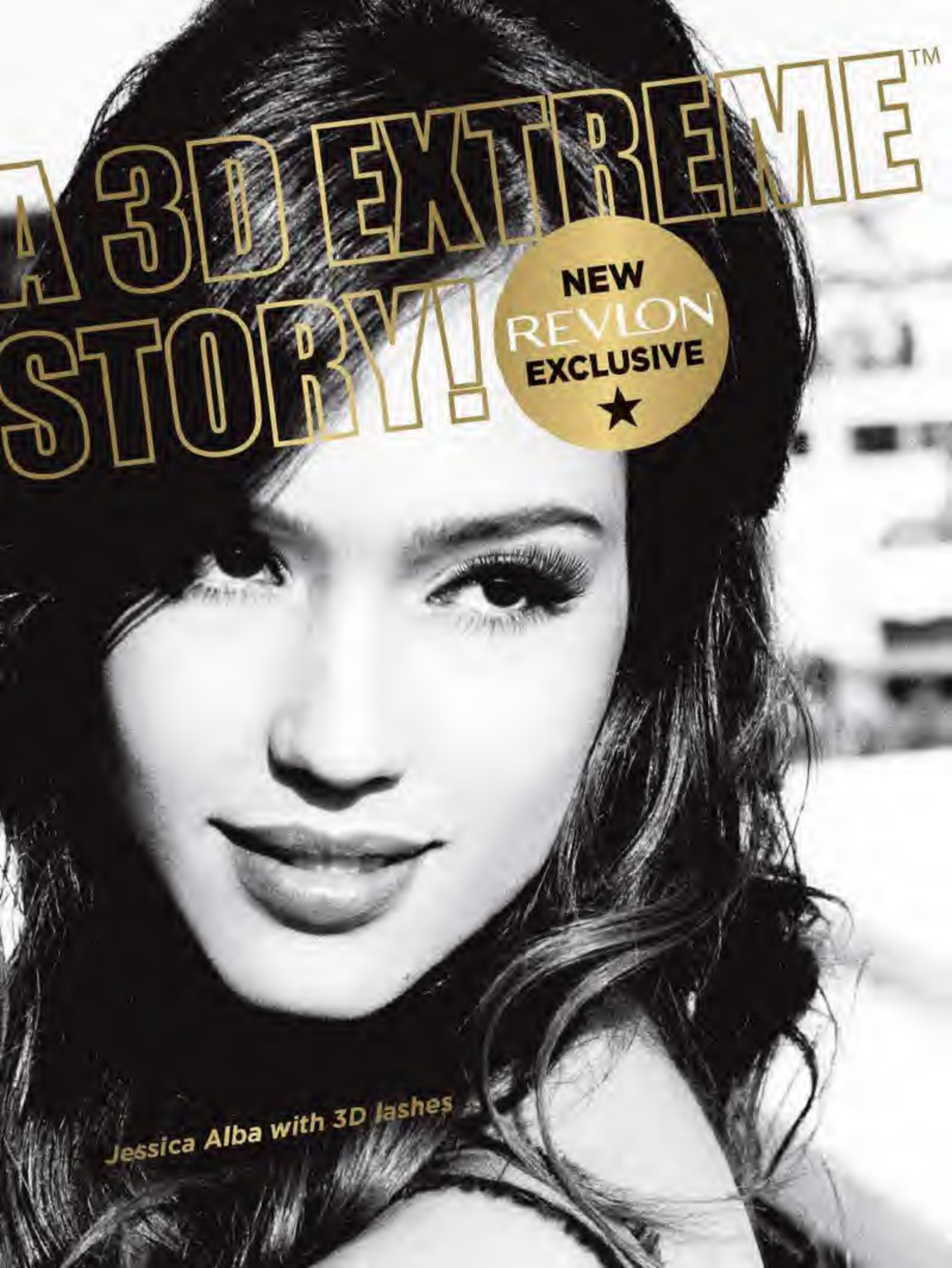
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# the **best** jeans for your body!

The search for your perfect pair of jeans is over! These readers tried on a *bajillion* different brands so you don't have to.

## curvy booty

"A lot of jeans are kind of flat in the butt area, so I like that these show off my curves."

—Lisa, 18

### look for: high pockets

Small pockets that sit high on your tush, like on these Esprit jeans, give your butt a more sculpted look.

### YOUR STYLE CHECKLIST:

- ✓ Wear jeans with stretch to hug, not smush, curves.
- ✓ Don't pick high waists! They make your butt look larger.
- ✓ Avoid too-tapered fits—you'll look cone-shaped!

**Jeans**  
Sizes 0-14, Esprit,  
style: Tube Leg Denim,  
\$80, select Nordstrom  
and esprit.com



High heels  
make your  
butt look  
higher and  
firmer.

## flat booty

### YOUR STYLE CHECKLIST:

- ✓ Go for big pockets to make your butt look fuller.
- ✓ Highlight your behind with contrast stitching.
- ✓ Opt for a boot-cut—too much flare shrinks your rear.

"I have a clean, preppy style, so I like to spice it up by wearing jeans with cool pockets—which also make my butt look cute!"

—Elizabeth, 14

### look for: pocket details

Decorative stitching and studs, like on these Southpole jeans, make your booty look rounder.

**Jeans**  
Sizes 3-15,  
Southpole, style:  
7323-3030,  
\$80, JCPenney  
and Sears



Cropped tops  
show off your  
butt.

REAL-GIRL PHOTOS: CHRIS ECKERT/STUDIO D. STYLING: EDITOR: BETSY MULLINS. HAIR: KATY YUNG FOR WORKGROUP.LTD.COM. HAIR ASSISTANT: ENA RUJANOWICZ. MAKEUP: ANOUCK SULLIVAN FOR WORKGROUP.LTD.COM. MAKEUP ASSISTANT: TRACY ALFAJIDA. ON LISA: CAGLIAN, TULLE CLOTHING. T-SHIRT (UNDERNEATH), ARIZONA FOR JOHNNY; EARRINGS, CLARET; NECKLACE, FRED FLARE; BRACELETS, ALL FOREVER 21; SHOES, JESSICA SIMPSON. ON ELIZABETH: SWEATER, POKEY (UNDERNEATH), DENVER HEART; EARRINGS, CLARET; SHOES, NINE WEST.



# Clearer skin in under 8 hours.

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## ► Results in hours, not days.

Different acne treatments work differently. Rapid Clear happens to work fast. It's clinically proven to visibly reduce pimple size, redness and swelling in under 8 hours. No dryness. No irritation. Just noticeable improvement.



Results claimed by manufacturers, not based on head-to-head clinical trials.

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# tall & curvy

look for:

**dark shading**

When the rinse is a little darker on the sides, it creates a slimming illusion, like on this pair by Z. Cavaricci.

"I love the fit of classic straight-leg jeans: not too loose, not too tight!"

—kelly, 17

A low-rise waist gives your stomach the most breathing room.

## YOUR STYLE CHECKLIST:

- ✓ Find jeans with stretch to comfortably skim over curves.
- ✓ Wear fitted jeans—a loose cut adds too much bulk.
- ✓ Try straight legs (not boot-cut)—they elongate you.

**jeans**  
Sizes 12-26,  
Z. Cavaricci for  
Torrid, style:  
522721, \$70,  
torrid.com

# tall & thin

look for:

**a long inseam**

The hem should just skim the top of your shoe, so pick brands like Silver that come up to 34 inches long.

"I always bring my heels to the dressing room to make sure new jeans are long enough."

—samantha, 21

Dress up casual denim by pairing it with a glam animal print.

## YOUR STYLE CHECKLIST:

- ✓ Fake extra curves with light fading near your hips.
- ✓ Choose a higher-rise waist; it fits better on a long torso.
- ✓ Go for a boot-cut—it won't bunch over your heels.

**jeans**  
Sizes 24-32,  
Silver Jeans,  
style: Suki,  
\$72, Dillard's







# petite & thin

"I used to wear heels a lot, but now I like being five feet tall. I mean, no one cares that Eva Longoria is short!"  
—sophia, 16

A long cardigan visually lengthens your middle!

## YOUR STYLE CHECKLIST:

- ✓ Pick a 30" inseam—it won't need to be hemmed.
- ✓ Wear dark, barely faded jeans to seem longer.
- ✓ Avoid wide legs, which can overwhelm a small figure.

## Look for: boot-cut jeans

A little flare, like on these Mavi jeans, adds curves to your small frame and makes you look taller.

**Jeans**  
Sizes 24–32,  
Mavi, style:  
Zoe, \$98,  
mavi.com

# petite & curvy

"I like dark jeans because they're slimming—and you can dress them up or down."  
—elle, 18

## Look for: straight fits

The most flattering cut goes straight from the midpoint of thighs down, like these roomy L.e.i. jeans.

Bright accessories punch up dark denim.

**Jeans**  
Sizes 0–17,  
L.e.i., style:  
Chelsea, \$34,  
JCPenney, Macy's,  
and Kohl's

## YOUR STYLE CHECKLIST:

- ✓ Look thinner with a dark, all-one-color wash.
- ✓ Allow room for curves with slightly stretchy denim.
- ✓ Avoid too-long jeans—a bunched hem shortens you.

**Jeans**

Size 00,  
L.e.i., style:  
Chelsea, \$34,  
JCPenney, Macy's,  
and Kohl's



Don't underestimate small. It can be pretty powerful. Take the o.b.<sup>®</sup> tampon. It's designed small to protect big, expanding all-around to fit your shape perfectly. And with its new Silk Touch<sup>™</sup> cover and Fluid-Lock<sup>™</sup> grooves for locked-in protection, this tiny tampon is as tough as it gets.

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**mighty. small.**



# curvy tummy

## Look for: a higher rise

Jeans that hit above your hips, like on these DKNY jeans, prevent the dreaded "muffin top"!

A little rucking at the neck draws the eye upward.

"You can't even tell these have a higher waist. It's a nice little secret!"  
—elizabeth, 19

## YOUR STYLE CHECKLIST:

- ✓ Look your leanest in an all-over indigo wash.
- ✓ Give your stomach extra room with stretchy denim.
- ✓ Avoid skinny fits—you'll look thicker in the middle.

**Jeans**  
Sizes 2-16, DKNY  
Jeans, style:  
KCMU5059, \$48,  
Macy's

# curvy hips

"I only shop for jeans when I'm having a 'cute day.' Then everything looks better!"  
—caroline, 16

## YOUR STYLE CHECKLIST:

- ✓ Go for small pockets, which won't emphasize hips.
- ✓ Find a cut that sits on your hip bone to prevent bulge.
- ✓ Avoid stretch—stiff denim sucks you in a little!

## Look for: a slight flare

Wider-cut legs, like on these Tyte jeans, help to balance your hips and streamline your figure.

A cropped jacket highlights a slim waist!

**Jeans**  
Sizes 1-13,  
Tyte, style:  
J2629ABV,  
\$48, select  
Macy's

ON ELIZABETH: TOP: (CREDNEY; EARRINGS AND BRACELET, BOTH CLARIE'S; NECKLACE, FOREVER 21; RING AND SHOES, BOTH WET SEAL; ON CAROLINE: JACKET, LUNA CHIK; T-SHIRT (UNDERNEATH); TUBBIE; NECKLACE, BRACELETS, AND RING, ALL FOREVER 21; SHOES, TYLER BY RICHARD TYLER.





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polish 4



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**POLL**

What is your favorite style of jeans? Vote now at [seventeen.com/jeans](http://seventeen.com/jeans)

# thin legs

## YOUR STYLE CHECKLIST:

- ✓ Try super-flared legs; you can pull off the wider cut.
- ✓ Add some definition to your legs with a faded wash.
- ✓ Find a long inseam so your legs don't look stumpy.

Look for:

## a whisker effect

A little extra fading around the pockets gives thin legs more shape, like on these Big Star jeans.

"I always dance around in the dressing room to make sure my jeans really fit!"  
—lauren, 21

A cropped top keeps wide-leg jeans from looking frumpy.

**Jeans**  
Sizes 24–32, Big Star, style: BWSWECQ, \$94, Buckle stores

# athletic legs

Look for:

## zero stretch

A stretchless denim, like these Sakura jeans, will define your muscles without creating unflattering bulge.

"A straight leg shows off my curves but isn't too tight."  
—patrice, 20

A ruffled top adds feminine flair to an athletic figure.

## YOUR STYLE CHECKLIST:

- ✓ Wear dark jeans—your entire leg will look sleeker.
- ✓ Look for a solid wash: Whiskers play up full thighs.
- ✓ Avoid big pockets—they add bulk to your legs.

**Jeans**  
Sizes 4–16, Sakura for JCPenney, style: Back-Flap Pocket Jean, \$88, JCPenney



Bon-Ton  
Bergner's  
Boston Store  
Carson Pirie Scott  
Elder-Beerman  
Herberger's  
Younkers



*grane*  
granejeans.com



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# seventeen denim size chart



This boot-cut comes in 5 different washes!



Curvy girls: These jeans go up to size 19/20!



These sizes run small - good for the super-thin.



These jeans tend to be cut fuller in the waist!



These jeans are more relaxed in the thigh!

**SIZE**
**LEVI'S**  
STYLE: 518 BOOTCUT

**ARIZONA AT JCPENNEY**  
STYLE: FLARE

**HOLLISTER**  
STYLE: VENICE

**OLD NAVY**  
STYLE: BOOTCUT

**AÉROPOSTALE**  
STYLE: CHELSEA BOOTCUT

0

WAIST 24/25 | HIPS 34/35

 WAIST 27<sup>5</sup>/<sub>8</sub> | HIPS 32<sup>1</sup>/<sub>4</sub>

WAIST 23/24 | HIPS 33/34

 WAIST 23 | HIPS 33<sup>1</sup>/<sub>2</sub>

 WAIST 27<sup>1</sup>/<sub>2</sub> | HIPS 34

1/2

WAIST 25/26 | HIPS 35/36

 WAIST 28<sup>5</sup>/<sub>8</sub> | HIPS 33<sup>1</sup>/<sub>4</sub>

WAIST 24/25 | HIPS 34/35

 WAIST 24/25 | HIPS 34<sup>1</sup>/<sub>2</sub> - 35<sup>1</sup>/<sub>2</sub>

 WAIST 29 | HIPS 35<sup>1</sup>/<sub>2</sub>

3/4

WAIST 26/27 | HIPS 36/37

 WAIST 29<sup>5</sup>/<sub>8</sub> | HIPS 34<sup>1</sup>/<sub>4</sub>

WAIST 25/26 | HIPS 35/36

 WAIST 26 | HIPS 36<sup>1</sup>/<sub>2</sub>

 WAIST 30<sup>1</sup>/<sub>2</sub> | HIPS 37

5/6

WAIST 27/28 | HIPS 37/38

 WAIST 30<sup>5</sup>/<sub>8</sub> | HIPS 35<sup>1</sup>/<sub>4</sub>

WAIST 26/27 | HIPS 36/37

 WAIST 27 | HIPS 37<sup>1</sup>/<sub>2</sub>

 WAIST 31<sup>1</sup>/<sub>2</sub> | HIPS 38

7/8

WAIST 28/29 | HIPS 38/39

 WAIST 31<sup>5</sup>/<sub>8</sub> | HIPS 36<sup>1</sup>/<sub>4</sub>

WAIST 27/28 | HIPS 37/38

 WAIST 28 | HIPS 38<sup>1</sup>/<sub>2</sub>

 WAIST 32<sup>1</sup>/<sub>2</sub> | HIPS 39

9/10

WAIST 30/31 | HIPS 39/40

 WAIST 32<sup>5</sup>/<sub>8</sub> | HIPS 37<sup>1</sup>/<sub>4</sub>

WAIST 28/29 | HIPS 38/39

 WAIST 29<sup>1</sup>/<sub>2</sub> | HIPS 40

 WAIST 33<sup>1</sup>/<sub>2</sub> | HIPS 40

11/12

WAIST 31/32 | HIPS 40/41

 WAIST 34<sup>1</sup>/<sub>8</sub> | HIPS 38<sup>3</sup>/<sub>4</sub>

WAIST 29/30 | HIPS 39/40

 WAIST 31 | HIPS 41<sup>1</sup>/<sub>2</sub>

 WAIST 35 | HIPS 41<sup>1</sup>/<sub>2</sub>

13/14

WAIST 32/33 | HIPS 41/42

 WAIST 35<sup>5</sup>/<sub>8</sub> | HIPS 40<sup>1</sup>/<sub>4</sub>

Sorry! They don't come in this size!

 WAIST 32<sup>1</sup>/<sub>2</sub> | HIPS 43

 WAIST 36<sup>1</sup>/<sub>2</sub> | HIPS 43

15/16

WAIST 33/34 | HIPS 42/43

 WAIST 37<sup>1</sup>/<sub>8</sub> | HIPS 41<sup>3</sup>/<sub>4</sub>

Sorry! They don't come in this size!

 WAIST 34 | HIPS 44<sup>1</sup>/<sub>2</sub>

Sorry! They don't come in this size!

**LENGTH**

 SHORT = 30"  
REGULAR = 32"  
LONG = 34"

 SHORT = 29"  
REGULAR = 32"  
LONG = 34"

 SHORT = 30"  
REGULAR = 32"  
LONG = 34"

 SHORT = 29<sup>1</sup>/<sub>2</sub>"  
REGULAR = 31<sup>1</sup>/<sub>2</sub>"  
LONG = 33<sup>1</sup>/<sub>2</sub>"

 SHORT = 30"  
REGULAR = 32"  
LONG = 34"



Match the measurements you just wrote down to this chart—it will help you pick the right size *before* you hit your favorite stores.

 <p>These sit low, so their waist sizes run a little bigger.</p> <p><b>AMERICAN RAG AT MACY'S</b> STYLE: LOW-RISE</p>	 <p>These are cut high in the back—no butt gap!</p> <p><b>ANCHOR BLUE</b> STYLE: JASMINE</p>	 <p>Hey, ladies! These jeans start at a size 00!</p> <p><b>ABERCROMBIE &amp; FITCH</b> STYLE: MADISON</p>
WAIST 28   HIPS 33	WAIST 28   HIPS 34	WAIST 24/25   HIPS 34/35
WAIST 29   HIPS 34	WAIST 29   HIPS 35	WAIST 25/26   HIPS 35/36
WAIST 30   HIPS 35	WAIST 30   HIPS 36	WAIST 26/27   HIPS 36/37
WAIST 31   HIPS 36	WAIST 31   HIPS 37	WAIST 27/28   HIPS 37/38
WAIST 32   HIPS 37	WAIST 32   HIPS 38	WAIST 28/29   HIPS 38/39
WAIST 33   HIPS 38	WAIST 33   HIPS 39	WAIST 29/30   HIPS 39/40
WAIST 34½   HIPS 39½	WAIST 34   HIPS 40	WAIST 30/32   HIPS 40/42
WAIST 36   HIPS 41	WAIST 36   HIPS 42	Sorry! They don't come in this size!
Sorry! They don't come in this size!	WAIST 37   HIPS 43	Sorry! They don't come in this size!
SHORT = 30" REGULAR = 32" LONG = 34"	SHORT = 30½" REGULAR = 32"	SHORT = 30" REGULAR = 32" LONG = 34"



## my JEANS workbook!

Take this to the mall to keep track of the jeans you try on!

my favorite fits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

didn't work!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

my notes:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# find your perfect fit

Don't you want jeans that fit like they're made for you? Take your measurements, then turn the page to find them!

## WAIST

Use a measuring tape and wrap it **comfortably** around your body (not too tight!), about 1 inch **below** your belly button—your jeans waist is lower than your natural waist.

**my waist is** \_\_\_\_\_

## HIPS

Stand on a flat surface with your legs together and wrap the measuring tape around your hip bone at its **widest** spot.

**my hips are** \_\_\_\_\_

## LENGTH

Measure your **inseam**: Tuck the end of the measuring tape under the **bottom** of your heel and measure up to your crotch. If you wear heels with jeans, put them on and measure from the bottom of the shoe's heel.



**my length is** \_\_\_\_\_



ILLUSTRATION: MARCUEITE SAUVAGE



**OPEN** for your sizing chart!



only macy's CHECK IT OUT ON MACYS.COM.



Shea [4 August 2007|07:42pm]

where were u ths aftrnoon? every1 went to  
canyon & riley wz there! he askd abt u...

**AMERICAN RAG CIE**  
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# shop cheap, look chic!

Give your jeans a little personality—all it takes are a few fun bargain accessories to totally change your look!

**\$13**

**sunglasses**  
Saints and Sailors,  
\$13, Hot Topic stores  
and hottopic.com



**\$20**  
& under

**\$17**

**bag**  
Forever 21, \$17,  
Forever 21 stores  
and forever21.com



Look cute for  
**SCHOOL**



Cameron Diaz

**\$20**

**boot-cut jeans**  
Sizes 4-18,  
Route 66 for Kmart,  
\$20, Kmart stores



**\$8**

**headband**  
Capelli New York,  
\$8, 800-789-9091

**\$9**

**earrings**  
Ana Trading, \$9,  
lulusfashionlounge.com



**\$18**

**hoodie**  
Sizes S-L, Derek Heart,  
\$18, Mande stores and  
mande.com



**BEAUTY BARGAIN**  
**\$15**

**fragrance**  
Victoria's Secret  
PINK With a Splash  
In Fresh & Clean,  
\$15, Victoria's  
Secret stores



**\$4**

**bracelet**  
Claire's, \$4,  
Claire's stores and  
claires.com



**\$17**

**shoes**  
Sizes 5½-10, Soda,  
\$17, Wet Seal  
stores and  
wetseal.com



**TURN** for more looks! →



**\$20**

**bag**  
Rock Candy, \$20.  
Dr. Jay's stores  
and drjays.com

**\$15**

**t-shirt**  
Sizes XS-L, Wet Seal.  
\$15, Wet Seal stores

**\$6**

**necklace**  
Forever 21, \$6.  
Forever 21 stores  
and forever21.com

Look cool for a  
**DATE**



Clara

**\$15**

**skinny jeans**  
Sizes 2-22, Bltten  
Sarah Jessica  
Parker, \$15, Steve  
& Barry's stores

**\$13**

**belt**  
Sizes S-L, Fantas-Eyes,  
\$13, fantas-eyes.com

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[seventeen.com/shop](http://seventeen.com/shop)

**\$17**

**earrings**  
Girlprops, \$17,  
girlprops.com

**\$20**

**shoes**  
Sizes 6-11, Charles  
Albert, \$20, Forever 21  
stores and  
forever21.com

**BEAUTY BARGAIN**  
**\$19**

**lip-gloss bracelet**  
Charm bracelet with  
lip gloss, Baby Phot,  
\$19, kls.com

**\$5**

**bracelet**  
Forever 21, \$5,  
Forever 21 stores  
and forever21.com





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QUIZ!

# spot the denim don't!



Celebs can usually teach you a thing or two about how to dress—but sometimes even *they* get it wrong. Who do you think made a style mistake?

☐ RACHEL



☐ AVRIL



☐ CIARA



☐ ROSARIO





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before



after

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oh yes!



GET HER LOOK



A full empire-waist top balances fitted skinny jeans and pointy flats.



**top** Sizes S-L, Say What?, \$28, Macy's.  
**jeans** Sizes 24-32, YMI Jeans, \$76, Dillard's, Nordstrom, and Windsor stores.  
**bag** Devi Kroell for Target, \$35, target.com.  
**shoes** Sizes 5-11, Charles Albert, \$28, urbanoutfitters.com.

oh yes!



GET HER LOOK



Black jeans look casual and rock-girl cool with a printed hoodie and a studded belt.



**hoodie** Sizes XS-XL, Fox, \$54, Dillard's, Nordstrom, and Tilly's stores.  
**jeans** Sizes 24-32, Pepe Jeans London, \$72, 888-350-7373.  
**belt** Sizes S/M and M/L, Claire's, \$10, Claire's stores.  
**sneakers** Sizes 3-11, Converse, \$42, converse.com.

oh yes!



GET HER LOOK



Tuck a simple blouse into high-waisted jeans to really show off this trendy fit!



**top** Sizes XS-XL, Kersh, \$42, 888-688-3657.  
**jeans** Sizes 2-14, Apple Bottoms by Nelly, \$74, Macy's and applebottoms.com.  
**belt** Cannon & Ozzie, \$8, lulufashionlounge.com.  
**shoes** Sizes 6-10, Candie's, \$30, Kohl's and kohls.com.

oh no!



Sorry, Rosario! A super-fitted blazer and pointy shoes look too severe with skinny jeans.

TRY INSTEAD



Loosen up straight-leg jeans with a relaxed top and round-toe heels.



**top** Sizes XS-XL, Libertine for Target, \$15, target.com.  
**jeans** Sizes 0-13, Grane Jeans, \$38, Macy's.  
**necklace** Wet Seal, \$8, select Wet Seal stores and wetseal.com.  
**shoes** Sizes 6-10, Charlotte Russe, \$23, select Charlotte Russe stores.





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# DIY designer denim

Chain details were all over the runways this season. But we've got the missing link: You can get these two high-end looks in just three easy steps.

## RUNWAY: KLS COLLECTION CHAIN SKIRT

17 WAY



carson, 16



### what you need:

chain link  
Hard Cora, \$15,  
[girlprops.com](http://girlprops.com)



CHAIN

SKIRT



skirt  
Sizes 4-16,  
Levi's, \$39,  
[levistore.com](http://levistore.com)

thread  
\$2, drugstores



THREAD

### MEASURE

#### step 1

Measure a piece of chain diagonally from the bottom of the front pocket to the hem at the center seam. Twist the chain at the end to break it.



### SEW

#### step 2

With a needle and dark-colored thread, sew the top of the chain right under the pocket's opening. Stitch it three times to make sure it's secure.



### KNOT

#### step 3

Carefully stitch the chain to the skirt at two-inch intervals and finish by tightly knotting the thread at the bottom. Repeat on the other side.



**TURN** for another fun project! ➔





Pepe Jeans®  
LONDON



# CHAIN JEANS

17 WAY



ariela, 20



## what you need:



necklace  
Icing, \$8,  
icing stores

NECKLACE

JEANS

jeans  
Sizes 27-38,  
Levi's 501, \$48,  
levistores.com

SAFETY PINS

safety pins  
\$3 for a pack of  
150, drugstores



### PIN FRONT step 1

Hook a small safety pin into one end of the necklace. Pin it to the front belt loop of your jeans, just to the right of the fly.



### DRAPE step 2

Drape the necklace around the side of jeans and up to the back-center belt loop. Adjust the chain so the center falls about nine inches below the hip.



### PIN BACK step 3

Hook another safety pin to the other end of the chain, and pin it to the back belt loop. If you have leftover chain, use a sharp scissor to cut off the excess.



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[www.lorealparis.com](http://www.lorealparis.com)

Alison wears Féria in Cardinal, #67.  
Also Wearing: L'Oréal Paris HIP High Intensity Pigments  
Brilliant Shine Lipgloss #378. ©2007 L'Oréal USA, Inc.

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PARIS

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[www.walgreens.com](http://www.walgreens.com)



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Moisturized glossy lips are definitely a must-have this year! wet n wild Diamond Brilliance Lip Sheen is a new diamond faceted lip formula that gives you highly reflective, yet sheer, almost prismatic color. It conditions while providing amazing shine for lusciously beautiful lips. Wear alone or with your favorite lipstick to create a look that is sure to mesmerize.  
[www.wnwbeauty.com](http://www.wnwbeauty.com)



### FRESHNESS 101

Introducing Stayfree® Dry Max Clean. Only Stayfree® Ultra Thin combines a plush wipe infused with soothing aloe with a pad that's 10 times drier than the leading ultra thin. No other pad makes you feel cleaner and fresher, especially when you're on the go.  
[www.stayfree.com](http://www.stayfree.com)



## TXT 2 WIN

Enter Seventeen's Prep School Mobile Sweepstakes! One lucky winner will win a year's supply of select Prep School products featured above, a \$500 Walgreens Gift Card and a chic \$500 Back-To-School Wardrobe!

**Text PREP to 83200 or go to [www.seventeen.com/prepschool](http://www.seventeen.com/prepschool) to enter to win!**

No purchase necessary to enter or win Prep School Mobile Sweepstakes. Sponsored by Hearst Communications, Inc. Send a text message to number 83200 from your cell phone beginning at 12:01 AM (ET) on 7/6/07 and ending at 11:59 PM (ET) 8/13/07. One entry per person. Entrants will be charged for sending, receiving and responding to SMS according to their carrier's rate plan(s). You may also send a postcard, along with your name, age, telephone number and short textcode to Seventeen, Prep School Mobile Sweepstakes, c/o Merch Dept, 300 W. 57th St, 18th Fl, NY, NY 10019. Odds of winning will depend upon the total number of eligible entries received. Must be 13-24 years or older and a legal resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec Province and where prohibited by law. Sweepstakes subject to complete official rules available at [www.seventeen.com/prepschool](http://www.seventeen.com/prepschool).



# SCHOOL

## RED HAUTE

New Sally Hansen Lacquer Shine Nail Color has an unprecedented depth of vibrant color and dramatic shine. This formula is fortified with real silk to strengthen and protect nails. Available in a dazzling palette of the deepest, richest shades. [www.sallyhansen.com](http://www.sallyhansen.com)



## RADIANT START

Before you make a fresh start back to school, why not refresh your skin, too? For your face, Apricot Scrub Blemish & Blackhead Control, with 100% natural exfoliants and 2% salicylic acid, fights blemishes to expose clearer, fresher looking skin. Plus, let your summer radiance continue with new Healthy Brilliance Firm and Glow, formulated with Siberian ginseng and caffeine. You get a sun-touched glow while tightening and toning, too. [www.stives.com](http://www.stives.com)



## LIP SHIMMERS

Caress your lips with new Shine Seduction™ Glossy Lipcolor from Maybelline New York. At a click of the wand, get magnified shine that feels as seductive as it looks! The exclusive sculpting tip contours lips with glossy color infused with aqua-botanicals and Vitamin E and comes in a range of luscious cream and shimmer shades. [www.maybelline.com](http://www.maybelline.com)



## SHINE ON

There's one rule when you expose your hair to heat—the hair must be protected. TRESemmé Thermal Creations Heat Tamer Protective Spray guards against heat and friction to keep your hair shiny and incredibly soft. It's a fantastic tool for instantly transforming all hair textures, enhancing strands' flexibility to reform and hold shape. [www.tresemme.com](http://www.tresemme.com)



## SHOP Walgreens & SCORE

Seventeen and Walgreens are giving away this *super cute beauty bag*, filled with samples from select sponsors. Be one of the first 2,500 shoppers to **purchase \$10 worth** of any of the products featured in the Prep School section at Walgreens or [www.walgreens.com/prepschool](http://www.walgreens.com/prepschool) and **receive this exclusive gift**.



ARV: \$20

Prep School Shop & Score, sponsored by Hearst Communications, Inc. To redeem your gift, you may send a copy or original receipt(s) or a printout of your online order confirmation email with your name, address and age to: Seventeen, Prep School Shop & Score, c/o Merch Dept., 300 West 57th St, 18th Fl, New York, NY 10019. You may also forward your online order confirmation email from a walgreens.com purchase to: [checkout@seventeen.com](mailto:checkout@seventeen.com) (be sure to put "Prep School Shop & Score" in the subject line!). Receipts will not be returned. One gift per customer. While supplies last. Offer good on purchases made from 7/6/07 to 8/13/07 and receipts must be received by 8/24/07. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on [www.seventeen.com/check-it-out](http://www.seventeen.com/check-it-out) so that all consumers are notified that there is no longer a chance to receive the prize. Sponsors order of receipt of entries is final. Must be 13 years or older and a legal resident of the 50 United States and District of Columbia. Void in Puerto Rico and where prohibited by law.



# denim deals

SAVE & SAVOR

**COUPON**  
Get more great denim discounts at [seventeen.com/coupons](http://seventeen.com/coupons).

We want you to get the best jeans—so log on to these Web sites for exclusive discounts, then hit the mall for a few Freebies. You can thank us later!

seventeen reader reward

**25% off**

**Torrid**

Receive 25% off your jeans purchase at [torrid.com](http://torrid.com)!

Enter promotional code **SEV7TORRID25** at checkout. Offer valid for jeans purchases only. Offer not valid on clearance merchandise. Expires 8/15/07.



seventeen reader reward

**25% off**

**YMI Jeans**

Receive 25% off your purchase at [ymijeans.com](http://ymijeans.com)!

Enter promotional code **YMI87517** at checkout. Free shipping will be applied to purchases over \$100. Limit one coupon per customer per transaction. Expires 8/15/07.



seventeen reader reward

**20% off**

**Mavi**

Receive 20% off your purchase at [mavi.com](http://mavi.com)!

Enter promotional code **Seventeen** at checkout. Offer not valid on sales items. Expires 8/15/07.



**FREE**  
Mavi bag with every purchase!

seventeen reader reward

**20% off**

**Apple Bottoms**

Receive 20% off your purchase at [applebottoms.com](http://applebottoms.com)!

Go to [applebottoms.com](http://applebottoms.com). Enter promotional code **abdenim** at checkout. Offer not valid on sales items. Expires 8/15/07.



seventeen reader reward

**25% off**

**Silver Jeans**

Receive 25% off your purchase at [silverjeans.com](http://silverjeans.com)!

Enter promotional code **17silver** at checkout. Expires 8/15/07.



seventeen reader reward

**25% off**

**Hot Kiss**

Receive 25% off these red jeans at [hotkiss.com](http://hotkiss.com)!

Go to [hotkiss.com/17](http://hotkiss.com/17) and you'll automatically receive the discount. No discount code necessary. Expires 8/15/07.



**Aéropostale**  
**PEEL & WIN!**

Try on Aéro's new denim and you could win a Jeep Wrangler, ring tones, and more!



**free stuff!**

Go to Aéropostale stores between 7/13/07 and 8/5/07 to peel and win. All you have to do is try on a pair of jeans and you will receive a Peel n' Win card and win one of many prizes, including free ring tones, a T-shirt, and a chance to win a Jeep Wrangler Unlimited. Go to [aeropostale.com](http://aeropostale.com) for more details. No purchase necessary.

**American Eagle Outfitters**  
**VOTE & WIN!**



**free jeans!**

Take the AE Jeans Fit Challenge and enter to win a free pair of AE jeans!

Vote for your favorite jeans when purchasing a pair of AE jeans in store or online between 7/10/07 and 7/24/07 and you can win a free pair of jeans. Visit [www.ae.com/fitchallenge](http://www.ae.com/fitchallenge) for more details. No purchase necessary to cast your vote.

**Buckle**  
**BOTTOMS UP!**

Go to Buckle stores and get a can of Jones Pure Cane Soda just for trying on three pairs of jeans!



**free soda!**

Starting 7/12/07, visit a Buckle store to taste and try. You get a can of Jones Pure Cane Soda (while supplies last) just for trying on three pairs of jeans. Enter to win other cool prizes at [buckle.com/jones](http://buckle.com/jones).



*Sweet Vibes*  
LUX

WWW.SWEETVIBESJEANS.COM



*Paula DeAnda*



SELF TITLED CD  
IN STORES NOW!

**ARISTA**

CHECK OUT [WWW.SWEETVIBESJEANS.COM](http://WWW.SWEETVIBESJEANS.COM)  
TO WIN A SHIRT SIGNED BY PAULA!



# the cutest

back-to-school essentials

Put these must-haves on your fall shopping list—and don't be surprised when you hear "Where did you get that?"

1

**funky tote bag** ✓

Fred Flare, \$24,  
fredflare.com

2

**bold watch** ✓

Andy Warhol 15  
Collection, \$98,  
15minutesof.com

**WEB EXTRA**

Buy these  
cute back-to-school  
essentials at  
seventeen.com/cutest.

3

**comfy dress** ✓

Sizes S-L,  
Forever 21, \$20,  
Forever 21 stores

4

**sporty t-shirt** ✓

Sizes XS-L,  
Victoria's Secret  
PINK, \$30,  
vspink.com

5

**chunky heels** ✓

Sizes 5-10, ZINC,  
\$89, zappos.com

6

**big ring** ✓

Betsy Johnson,  
\$50, Nordstrom

7

**fitted jacket** ✓

Sizes S-L,  
Baby Tears, \$80,  
estreetdenim.com



# LOVE PINK

A circular gold seal with intricate designs, featuring a crown at the top, a dog silhouette in the center, and the words "VICTORIA'S SECRET" and "PINK" around the perimeter.

VICTORIA'S SECRET

*wear cute underwear!*

**PINK**

VICTORIA'S SECRET

[vspink.com](http://vspink.com)





10

plaid flats

Sizes 5-10,  
Charles Albert,  
\$18, lcing stores



9

sweet thermal

Sizes 5-XL, Arizona  
by JCPenney, \$28,  
JCPenney

8

knit beret

Capelli New York,  
\$20,  
800-789-9091



11

wild hoodie

Sizes XS-L,  
Lucy Love, \$49,  
Macy's, PacSun  
stores, and  
beckersurf.com



12

skinny belt

One size, Cannon &  
Ozzie, \$8, lulus  
fashionlounge.com



14

cool notebook

Julcy Couture, \$48,  
nordstrom.com



13

preppy headband

American Eagle Outfitters,  
\$15, American Eagle Outfitters  
stores and ae.com



16

short skirt

Sizes XS-L, Hard  
Tail, \$75,  
Bloomingdale's

15

unique pen

Harajuku  
Lovers, \$8,  
Sanrio stores



17

retro sneakers

Sizes 5-12, Nike,  
\$100, nike.com







inspire to be.

# Self Esteem

[www.selfesteemusa.com](http://www.selfesteemusa.com)







photo by Kevin Abosch

[thecandiesfoundation.org](http://thecandiesfoundation.org)

JOSH HENDERSON



# "NOT WHAT YOU HAD IN MIND FOR YOUR FIRST SET OF WHEELS, HUH?"

"You were probably picturing a hot ride that could take you and your friends anywhere; but you got pregnant and now you're stuck pushing a stroller around while your friends are kickin' it without you"



**THE CANDIE'S FOUNDATION**

Providing information about the devastating  
consequences of teen pregnancy.





# seventeen best-dressed girls in america!

Each  
winner scored  
a \$250  
AEROPOSTALE  
shopping  
spree!

More than 10,000 readers submitted their cutest photos—but these 17 girls stood out (in a good way!). That's why they're this year's winners!

1

## TOTALLY '80S

**signature item:** zippered white hooded sweater  
**back-to-school must-have:** a white-and-gold small backpack by Baby Phat  
**style advice:** "Don't be afraid to mix a lot of colors together!"

*Diana, 14*

Palm Desert, CA

2

## EDGY GLAM

**signature item:** anything in leopard print  
**back-to-school must-have:** red skinny jeans  
**style advice:** "Shoes make the girl!"

*Alyssa, 16*

New York, NY



# THE MOUSSE REVOLUTION

ONLY THIS MATTE PERFECTION  
FEELS AMAZINGLY AIR-SOFT

## DREAM MATTE™ MOUSSE FOUNDATION

Only an air-whipped mousse blends  
so evenly, perfects completely.  
To give you flawless matte perfection  
with an amazing air-soft feel.

It's like no other makeup  
you've tried...or applied.

Now in 4 new shades  
for 16 matte-perfecting shades!



maybelline.com

# MAYBELLINE® NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE!

Adriana is wearing Dream Matte™ Mousse Foundation in Natural Beige, one of four new shades. ©2007 Maybelline LLC, DIST.



3

### MIX & MATCH

**signature item:** jeans with heart-shaped pockets  
**back-to-school must-have:** a necklace with a big medallion!  
**style advice:** "Opt for comfortable pieces before trendy ones."

6

Saghar, 18

Reseda, CA

5

### SWEET & SIMPLE

**signature item:** pink velvet dress  
**back-to-school must-have:** a wide belt  
**style advice:** "Don't let accessories overpower your outfits—keep them subtle but still stylish."

Julia, 16

Villanova, PA

4

### URBAN PREPPY

**signature item:** denim minis (with colored seams)  
**back-to-school must-have:** more neckties!  
**style advice:** "Everyone must have at least one red item in her closet!"

Danyka, 16

Harvest, AL





**REPORT** FOOTWEAR  
reportshoes.com





8

### RETRO HIP-HOP

**signature item:** 7 For All Mankind jeans  
**back-to-school must-have:** oversized oval Chanel sunglasses  
**style advice:** "Make sure you have at least one thing in your closet no one else has—then wear it when you want to stand out!"

*Crystal, 18*

Silver Spring, MD



6

Bayville, NJ

### ROCK-STAR GLAM

**signature item:** a pair of plaid flats  
**back-to-school must-have:** dark skinny jeans... to wear with my flats  
**style advice:** "No wardrobe should be without a pair of girly flats and a distressed jean skirt."



7

### TOUGH BUT FEMININE

**signature item:** black lace-up Vans  
**back-to-school must-have:** belts and more belts: studded, leopard, rhinestone, whatever!  
**style advice:** "Put some DIY creativity into your clothes—a needle and thread can work wonders."

*Nathalie, 17*

Riverside, CA



become a divastyle member today and get the good stuff. join in-store or at [Torrid.com/join\\_divastyle](http://Torrid.com/join_divastyle).

denim a go-go

Torrid

[Torrid.com](http://Torrid.com)





**Lindsey, 18**  
Fountain Valley, CA

10

### SOUTHERN CALI COOL

**signature item:** gold ballet flats  
**back-to-school must-have:** graphic-print tees and hoodies  
**style advice:** "A pair of red patent-leather pumps is a must-have—they look amazing with jeans."



11

### ECLECTIC VINTAGE

**signature item:** Marc Jacobs skinny jeans  
**back-to-school must-have:** white fringed majorette boots  
**style advice:** "Get inspiration beyond fashion magazines—like from old photos of your mom!"

**Marilyn, 18**  
Salina, KS

9

### GIRLY GIRL

**signature item:** lacy black pumps  
**back-to-school must-have:** a floral minidress  
**style advice:** "Every girl should own one pretty pearl necklace."



**Helen, 16**  
Bayside, NY



**Nair**  
HAIR REMOVER

I am pretty

I am  
determined.  
I am going to  
make a difference.  
I am unique.  
I am fresh.  
I am so not going to settle  
for sandpaper skin.  
I am unstoppable.  
I am pretty.

Introducing  
our first hair remover  
made for young skin.  
**Nair® Pretty.**

It smells like cool kiwi  
or fresh peach.

And it dissolves hair below the  
surface — for smooth, pretty skin that  
lasts longer than shaving —  
with no cuts, no razor bumps.



cut

dissolve

go to [nairpretty.com](http://nairpretty.com)



spray



cream

Be pretty





*Katie, 14*

San Clemente, CA

13

### HIPPY GRUNGE

**signature item:** gold gladiator sandals

**back-to-school must-have:** long, oversize knit cardigan

**style advice:** "Pair colorful accessories with a neutral outfit—it will add life to the overall look."

12

### PLAYFUL & PRETTY

**signature item:** black

Delia's leggings

**back-to-school must-**

**have:** a pink Juicy Couture baby-doll dress with puffy sleeves and a ruffled hem.

**style advice:** "Make your clothes work for you—find colors that bring out your skin tone and your eyes!"

*Alena, 16*

Edison, NJ



14

### UPDATED PREP

**signature item:**

Roxy ballet flats

**back-to-school**

**must-have:**

oversize white patent-leather Marc Jacobs tote

**style advice:** "Never take fashion too seriously!"

*Teresa, 16*

Birmingham, AL





# HARAJUKU LOVERS

A Fatal Attraction To Cuteness



HARAJUKU  
原宿  
GIRL  
女

美少女



HARAJUKU  LOVERS.COM

JOURNEYS.COM



16

### FUNKY FLIRTY

**signature item:**  
knee-high flat boots  
**back-to-school**  
**must-have:**  
ballerina flats  
**style advice:**  
"Dresses and skirts  
with lots of tulle  
instantly make you  
feel pretty!"

Thecla, 17

Pittsburgh, PA



17

### VERY LADYLIKE

**signature item:**  
black pointy  
stiletto heels  
**back-to-school**  
**must-have:**  
leggings  
**style advice:**  
"Purses add punch  
to every outfit."

Marnie, 16

Peachtree City, GA



15

### LOW-KEY COOL

**signature item:** gold  
heart-and-key necklace  
**back-to-school must-**  
**have:** colorful jewelry  
and headbands  
**style advice:** "Take  
a chance and change  
your look once in a  
while! You shouldn't  
be pigeonholed into  
one style."



Amanda, 16

Apple Valley, MN





## CHECK IT OUT!

## Fruit of the Loom

## Raid Your Drawers and Win!

Eliminate the bras and panties you've been wearing forever—and make room for cool new **Fruit of the Loom** styles.

Check out a **Fresh Collection** from Fruit of the Loom, and enter to win a fabulous prize package at [seventeen.com/raidyourdrowers](http://seventeen.com/raidyourdrowers).

One GRAND-PRIZE winner will receive:

- \$1,000 back-to-school shopping spree
- A one month's supply of Fruit of the Loom intimate apparel

10 RUNNERS-UP will each receive:

- A "Fruit Basket": a selection of Fruit of the Loom intimate apparel
- A gift from **Seventeen** and **CosmoGIRL!**



FRUIT OF THE LOOM

**Random Draw Sweepstakes:** No purchase necessary to enter or win. Sweepstakes sponsored by Hearst Communications, Inc. Sweepstakes starts 5/22/07 at 12:01 AM (ET), ends 8/6/07 at 11:59 PM (ET). Sweepstakes open to girls who are between 13 and 25 years old and legal residents of the 50 United States and the District of Columbia. Void in Puerto Rico, Canada and where prohibited by law. Odds of winning will depend on the number of eligible entries received. Go to [seventeen.com/check-it-out](http://seventeen.com/check-it-out) for complete rules and entry details.

## Tampax Style on the Go!

Enter to win the ultimate Style-on-the-Go experience on September 7th during NYC's fashion week at **Seventeen's Rock-n-Style** star-studded fashion show and concert event!

**TEXT STYLE to 83200** to enter to win! To enter online (and for full rules) log onto [seventeen.com/styleonthego](http://seventeen.com/styleonthego).

One GRAND-PRIZE winner will receive:

- The red-carpet treatment with a special on-stage announcement
- A trip for 3 to NYC
- A 2-night, 3-day stay at a hip hotel
- \$200 toward a cool outfit
- Tour of **Seventeen's** offices at the Hearst Tower
- A swag bag filled with Tampax® Compak Pearl® and **Seventeen** goodies

Deadline for entries: July 31, 2007

TAMPAX®  
COMPAK  
PEARL®

For more fun, log on to [beinggirl.com](http://beinggirl.com)!

## Emergency Breakouts?

GET CLEARER SKIN  
IN UNDER 8 HOURS

First day of school? Big date?  
Internship interview?  
You can't always predict when  
you'll get a breakout.  
**Neutrogena® Rapid Clear™  
Acne Eliminating Spot Gel**  
to the rescue!



• Rapid Clear Eliminating Spot Gel is clinically proven to visibly **reduce pimple size, swelling and redness** in under eight hours, not days!

• The breakthrough formula features **Microclear technology®**, with oil-dissolving micro-spheres that allow the powerful acne-fighting medicine to penetrate into plugged pores and get deep to the source where acne begins.

**MICROCLEAR**  
— technology —

Neutrogena®  
FIGHTING ACNE

[www.neutrogena.com/acne](http://www.neutrogena.com/acne)

JOIN JCPENNEY AT  
**Teen  
Choice**  
'07

You could be onstage  
at the biggest event  
of the year, with the  
hottest celebs, as  
the **Teen Choice 2007**  
trophy presenter!

Show your style by mixing up JCPenney's coolest back-to-school fashions, then snap your photo and upload it to [jcp.com/teenchoice](http://jcp.com/teenchoice). You could be on your way to L.A. for a behind-the-scenes look at **Teen Choice 2007!**

- 2 Grand Prize winners will receive a VIP trip to L.A. to appear as trophy presenters at **Teen Choice 2007!**\*
- 4 First Place winners will receive a trip for two to attend **Teen Choice 2007!**
- 10 finalists will receive a \$100 JCPenney gift card

Be one of the first 1,000 entrants and get a free 1-year subscription to **CosmoGIRL!** or **Seventeen**.

Visit JCPenney to enter, **by July 30**, or log on to [jcp.com/teenchoice](http://jcp.com/teenchoice) for more info and to vote for your favorite Mix It Up Challenge entries.

**Catch Teen Choice live!**  
Sunday, August 26th 8pm/7c on **FOX**

JCPenney

Every Day Matters  
[jcp.com](http://jcp.com)

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\*No purchase necessary to enter or win. For official rules and entry, visit [www.jcp.com/teenchoice](http://www.jcp.com/teenchoice). Limit one entry per person. Open to legal U.S. residents in the 50 states and D.C., 13 to 19 years of age only. Void where prohibited. Other restrictions apply. Promotion entry ends July 30, 2007. Online voting and winner selection between August 6, 2007, and August 10, 2007. Sponsored 2007 by JCPenney Corporation, Inc., 6501 Legacy Drive, Plano, TX 75024.



# beauty

**GET A PERFECT  
BLOWOUT!**

Ever see those girls with full, smooth hair and wonder how they do it? Here's the secret: *They go to a salon.* But we show you how to inspire hair envy without a stylist! by desi gallegos

“I straighten my hair every day, but it’s never been this smooth or full!”

-alexandra, 20





## START WITH THE RIGHT DRYER

An ionic-and-ceramic dryer with over 1,800 watts can help every hair type get the smoothest strands possible.

**\$teal!**



**try:** Revlon 1875 Watt Pro Stylist Hair Dryer, \$25, drugstores

**\$plurge!**



**try:** T3 Bespoke Labs Evolution Dryer, \$500, Sephora stores

### TEXT & WIN!

Do you blow-dry your hair every day?

Use your cell phone to text your answer—"DRY YES" or "DRY NO"—to 83360 and you could win a T3 Bespoke Labs Evolution Dryer (above) worth \$500! Go to [seventeen.com/text4give](http://seventeen.com/text4give) or page 202 for details.



### volumizing spray

**try:** L'Oréal Paris Studio Line Full Of It Upright Foam Spray, \$5, drugstores

If your hair is straight/relaxed...

**add volume!**

You'll need:

### mixed-bristle round brush

**try:** Orange Wood Porcupine Boar Brush, \$7, Sally Beauty Supply stores



### styling cream

**try:** Matrix Vavoom Gold Heat Blow-In Volume Protective Lotion, \$14, salons



### shine spray

**try:** John Frieda Frizz-Ease 100% Shine Glossing Mist, \$6, drugstores

## how-to:



**step 1**

### APPLY STYLING CREAM

to damp hair to smooth it and protect it from heat damage. Coat your hair from roots to ends. Then spritz a volumizing spray on just your roots at the top of your head to add fullness.



**step 2**

### PARTIALLY DRY HAIR

on medium heat. Comb through your hair with your fingers as you're drying until your hair is mostly dry. Pin up your hair, then let down one 2"-wide section at a time, starting at the nape of your neck.



**step 3**

### DRY EACH 2"-WIDE PIECE

completely on high heat with a mixed-bristle round brush (to smooth and straighten). Blow-dry each section three times from roots to ends, aiming the dryer's nozzle toward the floor to prevent frizz.



**step 4**

### DRY THE TOP HALF

of your hair by wrapping each section around the brush, starting at the ends and rolling it under to the roots. Blow hot air on the brush for 10 seconds. Lightly mist hair with shine spray all over.

17 EXPERT: Mark Townsend, celebrity stylist for Matrix.

**TURN** if you have curly hair! ➔



If your hair is wavy/curly...  
**get smooth body!**  
You'll need:

**rollers**

try: Goody Velcro Rollers, \$4 for a pack of four, drugstores

**anti-frizz serum**

try: Garnier Fructis Sleek & Shine Weightless Anti-Frizz Serum, \$6, drugstores

**hairspray**

try: Sebastian Shaper Plus Limited Edition Ultra Clutch Version, \$14, salons

**round brush**

try: Conair Tourmaline Gel Grips Round Brush, \$8, drugstores

**17 tip:** After washing your hair, rinse it with cool water to add shine and to reduce frizz.



“My hair is the shiniest it’s ever been and is completely frizz-free!”

—debbie, 18

**VIDEO**

Create a perfect blowout with our step-by-step video at [seventeen.com/blowout](http://seventeen.com/blowout).



**step 1**

**APPLY A QUARTER-SIZE**

amount of a thick anti-frizz serum to towel-dried hair to keep your strands smooth. Rub the serum over your hands, then run your fingers through your hair from roots to ends.



**step 2**

**BLOW-DRY HAIR**

on high heat starting with a 3"-wide section in front. Use a round brush with holes in it so the heat can reach all your strands. Aim the dryer directly at the round brush, first from above and then from below.



**step 3**

**ROLL EACH SECTION**

under onto a Velcro roller after blow-drying it (while it's still warm). As you dry the rest of your hair, this will prevent it from getting messy and blown around. Velcro rollers also add body and bounce.



**step 4**

**REMOVE THE ROLLERS**

when all your hair is totally dry and has cooled. Finish by evenly misting your whole head with an aerosol hairspray from 10 inches away. This seals the hair shaft, so it stays smooth and frizz-free the entire day.

**17 EXPERT:** Nick Chavez, a celebrity hairstylist based in Los Angeles, CA.





**Brunettes, boost your color.** New Sunsilk® Color Boost is a conditioning treatment with gentle colorants. Now you can actually refuel with a dose of brunette right in the shower, so your intrigue never fades. Those blondes won't know what hit them. Check out the whole Beyond Brunette Collection and get hairapy. ● [colorshowdown.com](http://colorshowdown.com)





**17 tip:** Before your blowout, to prevent breakage, apply deep conditioner to damp hair. Keep hair under a shower cap for 20 minutes, then rinse.

If your hair is super-curly ...  
**go super-straight!**  
You'll need:

**leave-in conditioner**

try: Pantene Pro-V Relaxed & Natural Daily Oil Cream Moisturizer, \$4, drugstores

**ceramic round brush**

try: Spornette Ionic Ceramic Icera Brush, \$20, spornette.com

**straightening gel**

try: Bumble and Bumble Straight, \$11, bumbleandbumble.com

**dry wax**

try: Magic Move Soft, \$30, amazon.com

**fine-tooth comb**

try: Professional Neon Fashion Combs, \$4 for a pack of 24, Sally Beauty stores

“My hair was stick-straight but still soft and touchable. Plus it looked great the next day!”

—mary beth, 20



before

**how-to:**



**step 1**

**APPLY A LEAVE-IN** conditioner (about a quarter-size amount) to the ends of damp hair to moisturize them and protect them from heat damage. Then add a dime-size blob of straightening gel to ends to smooth them.



**step 2**

**PIN UP THREE-QUARTERS** of your hair, then divide the bottom quarter into 1"-wide pieces. Starting at the nape of your neck, blow-dry hair on high. Style with an ionic-and-ceramic round brush to boost shine and to keep hair from drying out.



**step 3**

**DRY EACH SECTION** starting at the roots and slowly working your way to the ends. Run a fine-tooth comb through each 1"-wide piece after you dry it, and smooth hair straight down behind your head so it cools flat. Repeat all over.



**step 4**

**SMOOTH FLYAWAYS** at your part with a dry, matte wax. Rub a dime-size amount between your hands, then run your palms down your hair. With the product on your hands, pinch your ends all over for separation.

17 EXPERT: Chuck Amos, a celebrity stylist for Goody.



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Sushi.

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on the radio.

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**Nail Lacquer**

and

**Diamond Brilliance™**  
**Lip Sheen.**

And did I mention  
**Sushi.**

## Fresh Face Winner Sarah Lewis, Singer/Songwriter

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Sarah is wearing **wet n wild Rock Solid Nail Lacquer** in *Rockin' in Rubies* and **Diamond Brilliance Moisturizing Lip Sheen** in *Shannon's Shiny Bit* and *Rachel's Rocks*.



Find out more about **wet n wild** &  
Sarah at [wnwbeauty.com](http://wnwbeauty.com)



# Style

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**STYLE ON-THE-GO GIFT GIVEAWAY:** Sponsored by Hearst Communications, Inc. Receipts will not be returned. A bag will be awarded to the first 500 readers to send us a receipt for the purchase of any Tampax Compak Pearl Regular or Super or Multipax. ARV \$25. Mail your receipt to the address listed above. Receipts must be received between 7/10/07 through 7/31/07. While supplies last. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on [seventeen.com/checktext](http://seventeen.com/checktext). Sponsor's order of receipt of entries is final. Must be 13-24 years or older and a resident of the 50 United States and District of Columbia. Gifts will be sent approximately 2 weeks after receipt of entry. Void in Puerto Rico and where prohibited by law. Limit one entry per person.

*Be stylish  
everywhere you go!*

### BOSTON STYLE

**Classic prepster gets an update**

- Pair pastels in crazy combos
- Try riding boots with a great mini
- Throw a sweater over your shoulders to "prep up" any outfit

### NYC STYLE

**City chic goes beyond basic black**

- Layer your look with a sweater dress and a crisp white shirt
- Get extreme—go for high-waist, wide-leg or skinny jeans
- Match a long cardigan with bold-colored textured tights

### L.A. STYLE

**Hollywood hip to runway style**

- Grab a gold or silver metallic accent to brighten your day or night
- Wide or skinny? Strap a belt around your waist to spice up your look
- Add a touch of purple-blue, the most vibrant Runway color, to your outfit

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# a week of pretty makeup

Look extra gorgeous in the final days of summer! We helped **Karolyn**, 17, finish the season in style. *by rachael nichol*

## your everyday kit:



1 blush

2 lip gloss

3 face powder

1. Jane Shimmering Blush in Roses, \$6, drugstores. 2. Milani Glossy Tubes Ultra Lip Shine in Dreamy Glow, \$4, drugstores. 3. M.A.C Mineralize Skinfinish in Medium Dark, \$25, maccosmetics.com. 4. Prestige Lash Matrix Mascara in Black, \$6, drugstores.

**WEB EXTRA**  
See a step-by-step  
tips on how to  
get these looks at  
[seventeen.com/7days](http://seventeen.com/7days).



add this

try: Lancôme Le Crayon Khôl Eyelliner in Blanc, \$22, department stores

## MONDAY: SUMMER JOB

“In the summer I work at an ice cream shop. I want my makeup to be natural, but I can't seem tired—I have to look like I'm on the ball!”

**17 TIP:** Use a white eyeliner pencil to line the inner rim of your bottom lashlines—it will make you look **bright-eyed** and awake.



## TUESDAY: GYM

add this

try: Revlon Pinch Me Sheer Gel Blush in Plum Flushed, \$13, drugstores



“I go to the gym after work and then meet up with my friends. I'd like to keep the rosy flush, but I don't want to put on a lot of makeup after working out.”

**17 TIP:** Dab a gel blush onto the apples of your cheeks and blend—you'll get a **sheer glow** that both looks and feels natural.



## WEDNESDAY: BASEBALL GAME

add this

try: Rimmel Underground Stir It Up in As It, \$7, drugstores

Apply with fingers for a sheer look.

“My friends and I like to go watch my older brother play baseball. It can get hot outside, so I try to wear makeup that won't smudge when I sweat.”

**17 TIP:** Apply a long-lasting cream shadow to your lids and along your lower lashlines for bright eyes that **stand out** in the crowd.



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**THURSDAY:  
DINNER DATE**

**add this**

**try:** Maybelline New York Shiny-Licious Lipgloss in Cinnamon Apple, \$6, drugstores



Layer your blush on top of your bronzer!

“When I go out to dinner with my boyfriend, I like to get dressed up and look a little sexy.”

**17 TIP:** Dab a bright red lip gloss in the center of your lips and smooth outward—the shine will make your lips look full and **kissable**.



**FRIDAY:  
SHOPPING**

**add this**

**try:** L'Oréal Paris Glam Bronze All-Over Loose Powder Highlighter in Alluring Shimmer, \$12, drugstores



“Friday is payday, so I go shopping with friends for new clothes. I hate looking pasty in dressing-room mirrors!”

**17 TIP:** Dust bronzing powder onto your cheekbones and the sides of your forehead to add **warmth** to your face without too much glittery-ness.



**SATURDAY:  
VOLUNTEERING**

Add an extra coat of mascara too!

**add this**

**try:** Clinique Moisture Sheer Tint SPF 15 in Beige, \$26, department stores



“On the weekends I volunteer to clean up my local park, then I go to the beach with my family. I’m outside a lot, so I don’t wear much makeup.”

**17 TIP:** Smooth a tinted moisturizer with SPF all over your face to give yourself a little bit of glow-y color **plus protection** from the sun.



**SUNDAY:  
BOWLING**

**add this**

**try:** Physicians Formula Mineral Wear Eyeliner in Black, \$7, drugstores



“My friends and I love to go bowling or to an arcade in the evenings. It’s dark inside, but I still want to look cute.”

**17 TIP:** Softly line your upper and lower lashes with black eyeliner for a **flirty** look that will be noticeable even in a dim bowling alley.





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# look like a celeb!

Stars don't wake up looking flawless—they get a *lot* of expert help. Celeb makeup artist **Molly B. Stern** divulges her tricks to help you! **BY** desi gallegos

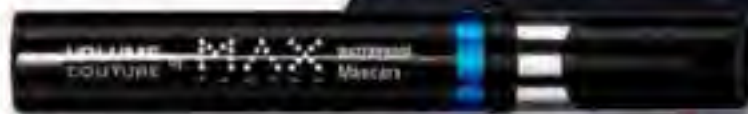


Reese Witherspoon

## lashes

“America likes her eyes to look **fresh** and wide-awake, so I use a volumizing waterproof mascara—it stays on whether she’s laughing, crying, or just having fun. I put **three** coats on her top lashes but none on the bottom.”

America Ferrera



**try:** Max Factor Volume Couture Waterproof Mascara, \$9, drugstores

## cheeks

“Reese wanted her cheeks to look gorgeous and **healthy**, so I used the flat end of a foundation sponge to dab a sheer, tawny blush onto the apples. Then I used my fingers to blend the product in a circular motion.”

**try:** Shiseido The Makeup Accentuating Powder Blush In Glistening Brown, \$28, sephora.com

## PODCAST

Get tips from celeb hairstylists and makeup artists at [seventeen.com/podcast](http://seventeen.com/podcast).

## lips

“To **make** Jennifer’s lips look extra plump and juicy, I applied a sheer lipstick all over, then dabbed a lip gloss in a similar shade onto her bottom lip and the peaks of her top lip.”

Jennifer Garner

**try:** CoverGirl TrueShine Lipcolor in Valentine Shine, \$6, drugstores; Dior Addict Ultra Gloss Reflect in 757, \$35, sephora.com



## eyes

“Nothing’s **sexier** than liquid-lined eyes. On Anne, I blended taupe shadow onto her lids from the lashlines to creases, then traced along her upper lashes with a felt-tip liquid liner. I started with a **thin line** at the inner corner, then got thicker on the way out.”

## skin

“I gave Mandy’s fair skin a pretty, **sun-kissed** glow by using a big powder brush to dust loose mineral powder with a **little** shimmer onto her cheeks and forehead.”

Mandy Moore

**try:** bareMinerals All-Over Face Color In True, \$28, sephora.com; Sephora Retractable Powder Brush, \$19, Sephora stores



Anne Hathaway

**try:** CoverGirl Line Exact Liquid Liner Pen In Very Black, \$6, drugstores; Shu Uemura Pressed Eye Shadow In Beige 800, \$20, department stores







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BenzaClin<sup>®</sup> Topical Gel is indicated for the treatment of acne.

**Important Safety Information:** BenzaClin<sup>®</sup> was studied in mild to moderate acne patients. BenzaClin<sup>®</sup> is an acne product you can get with a doctor's prescription. Side effects are usually limited to the skin and include dry skin, itching, peeling, redness and sunburn. Also, clindamycin, an ingredient in BenzaClin<sup>®</sup>, may cause diarrhea. If you experience severe diarrhea, stop using BenzaClin<sup>®</sup> and call your doctor immediately. You should not use BenzaClin<sup>®</sup> if you are allergic to clindamycin, benzoyl peroxide, or the antibiotic lincomycin, or if you have a history of colitis.

Please see brief summary of Prescribing Information on next page.

[www.benzaclin.com](http://www.benzaclin.com)

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## BenzaClin® Topical Gel

(clindamycin - benzoyl peroxide gel)

**Brief summary: Please see full prescribing information for complete product information.**

**Topical Gel: clindamycin (1%) as clindamycin phosphate, benzoyl peroxide (5%)**

**For Dermatological Use Only - Not for Ophthalmic Use**

**\*Reconstitute Before Dispensing\***

### INDICATIONS AND USAGE

BenzaClin Topical Gel is indicated for the topical treatment of acne vulgaris.

### CONTRAINDICATIONS

BenzaClin Topical Gel is contraindicated in those individuals who have shown hypersensitivity to any of its components or to clindamycin. It is also contraindicated in those having a history of regional enteritis, ulcerative colitis, or antibiotic-associated colitis.

### WARNINGS

ORALLY AND PARENTERALLY ADMINISTERED CLINDAMYCIN HAS BEEN ASSOCIATED WITH SEVERE COLITIS WHICH MAY RESULT IN PATIENT DEATH. USE OF THE TOPICAL FORMULATION OF CLINDAMYCIN RESULTS IN ABSORPTION OF THE ANTIBIOTIC FROM THE SKIN SURFACE. DIARRHEA, BLOODY DIARRHEA, AND COLITIS (INCLUDING PSEUDOMEMBRANOUS COLITIS) HAVE BEEN REPORTED WITH THE USE OF TOPICAL AND SYSTEMIC CLINDAMYCIN. STUDIES INDICATE A TOXIN(S) PRODUCED BY CLOSTRIDIA IS ONE PRIMARY CAUSE OF ANTIBIOTIC-ASSOCIATED COLITIS. THE COLITIS IS USUALLY CHARACTERIZED BY SEVERE PERSISTENT DIARRHEA AND SEVERE ABDOMINAL CRAMPS AND MAY BE ASSOCIATED WITH THE PASSAGE OF BLOOD AND MUCUS. ENDOSCOPIC EXAMINATION MAY REVEAL PSEUDOMEMBRANOUS COLITIS. STOOL CULTURE FOR *Clostridium Difficile* AND STOOL ASSAY FOR *C. difficile* TOXIN MAY BE HELPFUL DIAGNOSTICALLY. WHEN SIGNIFICANT DIARRHEA OCCURS, THE DRUG SHOULD BE DISCONTINUED. LARGE BOWEL ENDOSCOPY SHOULD BE CONSIDERED TO ESTABLISH A DEFINITIVE DIAGNOSIS IN CASES OF SEVERE DIARRHEA. ANTIPERISTALTIC AGENTS SUCH AS OPIATES AND DIPHENOXYLATE WITH ATROPINE MAY PROLONG AND/OR WORSEN THE CONDITION. DIARRHEA, COLITIS, AND PSEUDOMEMBRANOUS COLITIS HAVE BEEN OBSERVED TO BEGIN UP TO SEVERAL WEEKS FOLLOWING CESSATION OF ORAL AND PARENTERAL THERAPY WITH CLINDAMYCIN.

Mild cases of pseudomembranous colitis usually respond to drug discontinuation alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation and treatment with an antibacterial drug clinically effective against *C. difficile* colitis.

### PRECAUTIONS

**General:** For dermatological use only; not for ophthalmic use. Concomitant topical acne therapy should be used with caution because a possible cumulative irritancy effect may occur, especially with the use of peeling, desquamating, or abrasive agents.

The use of antibiotic agents may be associated with the overgrowth of nonsusceptible organisms including fungi. If this occurs, discontinue use of this medication and take appropriate measures.

Avoid contact with eyes and mucous membranes.

Clindamycin and erythromycin containing products should not be used in combination. *In vitro* studies have shown antagonism between these two antimicrobials. The clinical significance of this *in vitro* antagonism is not known.

**Information for Patients:** Patients using BenzaClin Topical Gel should receive the following information and instructions:

1. BenzaClin Topical Gel is to be used as directed by the physician. It is for external use only. Avoid contact with eyes, and inside the nose, mouth, and all mucous membranes, as this product may be irritating.
2. This medication should not be used for any disorder other than that for which it was prescribed.
3. Patients should not use any other topical acne preparation unless otherwise directed by physician.
4. Patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using BenzaClin Topical Gel. To minimize exposure to sunlight, a wide-brimmed hat or other protective clothing should be worn, and a sunscreen with SPF 15 rating or higher should be used.
5. Patients should report any signs of local adverse reactions to their physician.
6. BenzaClin Topical Gel may bleach hair or colored fabric.
7. BenzaClin Topical Gel can be stored at room temperature up to 25°C (77°F) for 3 months. Do not freeze. Discard any unused product after 3 months.
8. Before applying BenzaClin Topical Gel to affected areas wash the skin gently, then rinse with warm water and pat dry.

**Carcinogenesis, Mutagenesis, Impairment of Fertility:** Benzoyl peroxide has been shown to be a tumor promoter and progression agent in a number of animal studies. The clinical significance of this is unknown.

Benzoyl peroxide in acetone at doses of 5 and 10 mg administered twice per week induced skin tumors in transgenic Tg.AC mice in a study using 20 weeks of topical treatment.

In a 52 week dermal photocarcinogenicity study in hairless mice, the median time to onset of skin tumor formation was decreased and the number of tumors per mouse increased following chronic concurrent topical administration of BenzaClin Topical Gel with exposure to ultraviolet radiation (40 weeks of treatment followed by 12 weeks of observation).

Genotoxicity studies were not conducted with BenzaClin Topical Gel. Clindamycin phosphate was not genotoxic in *Salmonella typhimurium* or in a rat micronucleus test. Clindamycin phosphate sulfoxide, an oxidative degradation product of clindamycin phosphate and benzoyl peroxide, was not clastogenic in a mouse micronucleus test. Benzoyl peroxide has been found to cause DNA strand breaks in a variety of mammalian cell types, to be mutagenic in *S. typhimurium* tests by some but not all investigators, and to cause sister chromatid exchanges in Chinese hamster ovary cells. Studies have not been performed with BenzaClin Topical Gel or benzoyl peroxide to evaluate the effect on fertility. Fertility studies in rats treated orally with up to 300 mg/kg/day of clindamycin (approximately 120 times the amount of clindamycin in the highest recommended adult human dose of 2.5 g BenzaClin Topical Gel, based on mg/m<sup>2</sup>) revealed no effects on fertility or mating ability.

### Pregnancy: Teratogenic Effects: Pregnancy Category C:

Animal reproductive/developmental toxicity studies have not been conducted with BenzaClin Topical Gel or benzoyl peroxide. Developmental toxicity studies performed in rats and mice using oral doses of clindamycin up to 600 mg/kg/day (240 and 120 times amount of clindamycin in the highest recommended adult human dose based on mg/m<sup>2</sup>, respectively) or subcutaneous doses of clindamycin up to 250 mg/kg/day (100 and 50 times the amount of clindamycin in the highest recommended adult human dose based on mg/m<sup>2</sup>, respectively) revealed no evidence of teratogenicity.

There are no well-controlled trials in pregnant women treated with BenzaClin Topical Gel. It also is not known whether BenzaClin Topical Gel can cause fetal harm when administered to a pregnant woman.

**Nursing Women:** It is not known whether BenzaClin Topical Gel is excreted in human milk after topical application. However, orally and parenterally administered clindamycin has been reported to appear in breast milk. Because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

**Pediatric Use:** Safety and effectiveness of this product in pediatric patients below the age of 12 have not been established.

### ADVERSE REACTIONS

During clinical trials, the most frequently reported adverse event in the BenzaClin treatment group was dry skin (12%). The Table below lists local adverse events reported by at least 1% of patients in the BenzaClin and vehicle groups.

Local Adverse Events - all causalities in ≥ 1% of patients		
	BenzaClin n = 420	Vehicle n = 168
Application site reaction	13 (3%)	1 (<1%)
Dry skin	50 (12%)	10 (6%)
Pruritus	8 (2%)	1 (<1%)
Peeling	9 (2%)	-
Erythema	6 (1%)	1 (<1%)
Sunburn	5 (1%)	-

The actual incidence of dry skin might have been greater were it not for the use of a moisturizer in these studies.

### DOSE AND ADMINISTRATION

BenzaClin Topical Gel should be applied twice daily, morning and evening, or as directed by a physician, to affected areas after the skin is gently washed, rinsed with warm water and patted dry.

### HOW SUPPLIED AND COMPOUNDING INSTRUCTIONS

Size (Net Weight)	NDC 0066-	Benzoyl Peroxide Gel	Active Clindamycin Powder (in plastic vial)	Purified Water To Be Added to each vial
25 grams	0494-25	19.7g	0.3g	5 mL
50 grams	0494-50	41.4g	0.6 g	10 mL
50 grams (pump)	0494-55	41.4g	0.6 g	10 mL

Prior to dispensing, tap the vial until powder flows freely. Add indicated amount of purified water to the vial (to the mark) and immediately shake to completely dissolve clindamycin. If needed, add additional purified water to bring level up to the mark. Add the solution in the vial to the gel and stir until homogenous in appearance (1 to 1½ minutes). For the 50 gram pump only, reassemble jar with pump dispenser. BenzaClin Topical Gel (as reconstituted) can be stored at room temperature up to 25°C (77°F) for 3 months. Place a 3 month expiration date on the label immediately following mixing.

Store at room temperature up to 25°C (77°F) (See USP).

Do not freeze. Keep tightly closed. Keep out of the reach of children.

US Patents 5,446,028; 5,767,098; 6,013,637

Brief Summary of Prescribing Information as of February 2006.

### Rx Only

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# 31 days to great skin!

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**SUNDAYS!**

**17 tip**

You need at least three weeks to see results, so stick to this plan—the red icons will help you stay on track!

**1 hydrate!**

Start a healthy habit: Drink **eight glasses of water** every day to give your skin the moisture it needs.



**5**

**DIY!**

Relax yourself and repair your skin with a calming mask. Mix **¼ cup yogurt**, **half a banana**, and **¼ cup mashed papaya**. Apply, leave on for 10 minutes, and rinse off.

**6**

**Eat lean protein** three times a week (see “Feed Your Face!” box, right) to help skin repair itself.

**7**

Prevent zits with **retinol cream**, which is a gentle exfoliator. (It’s in anti-aging products.) Two nights a week, apply it to your entire face.

**try:** Olay Regenerist Targeted Tone Enhancer, \$18, drugstores

**8**

Keep your pores clear by **removing all your makeup** each night. Tissue off eye makeup with an oil-free remover, then follow with cleanser.

**try:** Vichy Pureté Thermale Eye Makeup Remover Sensitive Eyes, \$10, drugstores



**12**

Try a **glycolic peel** to refresh and brighten your skin—and treat acne.

**try:** L’Oréal Dermo-Expertise ReNoveste Glycolic Peel Kit, \$25, drugstores

**13** **eat “C” foods!**

Add **vitamin C** to your diet to help heal zits faster—sneak in at least one citrus fruit a day or take a 100 mg supplement.

**14**

Before bed, steam your face for three minutes to **open your pores**: Fill your sink with hot water and lean over it with a towel on your head to trap in the steam. Pat your face dry, then apply your retinol.

**15**

Spend three minutes **massaging** your nighttime cleanser onto your face as you wash it—this will increase blood flow and help you relax.

**19**

Use the mask from Day 5 to calm your skin. (The retinol may make it slightly more sensitive.) Also, put slices of **cucumbers** on your eyes to take down any puffiness.

**20**

Even out your skin by eating one serving of **omega-3 fatty acids** (see “Feed Your Face!” box, right) every day this week. They are anti-inflammatory to reduce redness.

**21**

After applying a thin layer of retinol to your entire face, dab a second layer **on any zits** to help them clear. Don’t add any other acne products—they might irritate your skin.

**22**

**don’t pick!**

Resist the urge to pop your zits—you’ll just make acne worse (and you don’t want to mess up all of your **hard work!**).

**26** **keep it up!**

Repeat the glycolic peel from Day 12 to exfoliate your skin and **keep your complexion bright until school starts!**

**27**

Eat more **fiber** this last week to flush out zit-causing toxins: Try two servings of brown rice or high-fiber cereal—plus nuts or fiber-rich apples—daily.



**28**

Try to cut back on **caffeine** (soda, tea, coffee) until school starts—it can make your skin look dull. **Limit yourself to one a day at most.**

**29**

**Massage** cleanser into your face for three minutes in the morning. It will give you a subtly rosy glow all day.





You may be bummed about going back to school on the inside, but you can still radiate on the outside! Use this routine in August for perfect skin by **Labor Day!** BY rachael nichol



**WEB EXTRA**  
Get answers to your acne questions at [seventeen.com/acne](http://seventeen.com/acne)

THU

2

Apply and **reapply sunscreen** every two hours each day—even if it's just in your makeup!

**try:** Physicians Formula Solar Powder SPF 20 Light Bronzer, \$13, drugstores



FRI

3

Clear out pore-clogging dirt: Wash every morning and night with a **foaming cleanser**. Got dry skin? Use a cream cleanser instead.

**try:** Aveeno Clear Complexion Foaming Cleanser, \$7; Nivea Visage Gentle Cleansing Cream, \$5, both at drugstores



SAT

1

Do 20 minutes of cardio at least **twice a week** to boost blood flow and make your skin glow.

9

Twice a week, use a **lavender toner** in place of your A.M. cleanser to gently remove oil. **try:** Autrey Organics Rosa Mosqueta & English Lavender Toner, \$10, Whole Foods Market stores



10

**go to bed early!**

Keep zit-causing oils off your face at night by sleeping with hair tied back. Change your pillowcases weekly to remove the oils left by your hair.

11

Get rid of any flaky skin by exfoliating once a week. With a damp washcloth, gently rub on cleanser in a circular motion.



16

Be sure to get eight hours of sleep nightly, and don't forget your **water** and **sunscreen** every day. You're halfway there!



17

Change your **pillowcase** again. And remember to apply the **retinol cream** before bed!

18

**exfoliate!**

Use a **washcloth** with your cleanser again. It will prevent dead-skin buildup, which can cause zits.

23

For the rest of the month, cut down on **salty foods**, like chips and fries. Eating too much salt can make your face look bloated!

24

Don't forget to change your **pillowcases** tonight. Go to bed early so you have energy to exercise tomorrow.

25

Exfoliate with a damp washcloth. If you have a lot of blackheads, use a **gentle scrub** on those spots to get rid of them.

**try:** Neutrogena Blackhead Eliminating Daily Scrub, \$7, drugstores

30

Reduce puffiness by placing cool **tea bags** on your closed eyelids for 10 minutes at night.



31

**relax!** Change your pillowcase and get **plenty of rest** this weekend so you'll look refreshed on the first day of school. **GREAT JOB!**



## FEED YOUR FACE!

These foods clear your skin from the inside out.

### LEAN PROTEIN

- fish
- chicken
- turkey
- beans
- eggs
- low-fat milk & cheese



### VITAMIN C

- grapefruit
- oranges
- strawberries
- broccoli



### OMEGA-3 FATTY ACIDS

- salmon
- tuna
- spinach
- walnuts



### FIBER

- brown rice
- whole fruit
- whole-grain cereal





# health

get strong,  
**lean,**  
and stress-  
**free!**

OM Yoga guru **CYNTHIA**  
customized this daily routine  
to make you look great  
and feel focused by the  
first day of school!

## DE-STRESS INSTANTLY

Breathe deeply—more oxygen  
increases energy and mental clarity.

- 1** Inhale through your nose for eight counts, feeling the air fill up your stomach first, then your chest.
- 2** Exhale through your nose for eight counts, feeling the air leave your chest first.
- 3** Repeat 10 times. Breathe this way during yoga and anytime you feel stressed.



**NEW TO YOGA?** Let each move flow into the next one, rather than stopping in between.

### 1. BACKSTROKE



Stand up with your abs tucked in and your shoulders relaxed. Circle your arms backward 10 times.

### 2. SIDE BEND



Touch your fingertips together over your head. Reach up and to the left for eight breaths; repeat to the right.

### 3. OPEN HEART



Clasp your hands behind your back, look up, and pull your breastbone upward. Hold for eight breaths.

### 4. FLIP IT



Keeping your hands clasped, bend so your head is by your knees. Hold for eight breaths.

### 5. ELEPHANT



Lower your arms as far as you can and sweep slowly from side to side for eight breaths.

### 6. SPINAL STRETCH



Sit with your left leg out and right leg bent over it. Wrap your left arm around your knee and twist to the right. Hold for eight breaths. Switch sides.



### 7. SIT-UP



Hug your legs into your body so your feet are a few inches off the floor. Hold for eight deep breaths.

### 8. ROLL BACK



Curve your back and flex your abs to rock back and forth eight times. Return to Position 1 and repeat the sequence.



# is the mall making you fat?

NEW BODY  
NEW YOU  
2007

**Schlitzsky's**

## A small Smoked Turkey Breast Sandwich and a Side Salad

Even though it's topped with mayo, this sandwich has way less fat and sodium than the chain's other ones, which have tons of cheese. But it still has lots of protein to give you sustained energy.



Calories: 371  
Fat: 6g  
Protein: 24g  
Fiber: 4g

Shopping makes you hungry! But next time you get a food-court craving, look for these healthier options.



**sbarro**

## A slice of Cheese Pizza and a Garden Fresh Salad

One slice isn't so bad—it even has calcium, protein, and a little fiber. Reduce the fat by blotting the grease with a napkin, and get salad on the side.



Calories: 494  
Fat: 15g  
Protein: 26g  
Fiber: 6g

**Dairy Queen**

## The DQ Homestyle Burger

It seems like a splurge, but this burger's small size keeps it relatively low in calories while packing plenty of protein. Plus, it has 15% of the energy-giving iron you need every day.



Calories: 350  
Fat: 14g  
Protein: 17g  
Fiber: 1g

*It's not dining at the Hilton, but it's good enough for Nicky!*



**from mesa go**  
Nicky Hilton must know that starting a meal with a salad fills you up, so you eat less overall.

**La Salsa**  
TACO MEXICAN DRIVE-THRU

## Taco La Salsa With Chips and Salsa

Two corn tacos have almost 60% fewer calories than the Original Gourmet Burrito. To cut the fat, order them without cheese and use salsa for flavor.



Calories: 446  
Fat: 19g  
Protein: 23g  
Fiber: 4g

**PANDA EXPRESS**  
GOURMET CHINESE FOOD

## Mushroom Chicken, a half order of Steamed Rice, and a Veggie Spring Roll

Because the chicken is marinated, not breaded and fried, it has less fat than other options. Veggies add zinc and vitamin A—great for skin.



Calories: 400  
Fat: 11g  
Protein: 18g  
Fiber: 7g

**Chick-fil-A**

## Chargrilled Chicken Sandwich and a Fruit Cup

The meat is grilled, not fried, so this sandwich has one-quarter the fat of the original chicken sandwich. Fruit is a perfect low-cal dessert.



Calories: 320  
Fat: 3.5g  
Protein: 29g  
Fiber: 4g

WRITER: MELANIE ASHMAN; PHOTOS OF FOOD AND LOCUS: CLOUTIER; PHOTOS OF SBARRO: COURTESY OF SBARRO; PHOTOS OF LA SALSA: COURTESY OF LA SALSA; PHOTOS OF SCHLOTZSKY'S: COURTESY OF SCHLOTZSKY'S; NICKY HILTON: BAUER-GRIFFIN (2); COURTESY OF DAIRY QUEEN; COURTESY OF CHICK-FIL-A; COURTESY OF PANDA EXPRESS



# YMI Premium



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## mall rats

These choices only seem innocent, so save them for an occasional treat.

### Supreme Nachos

These can have up to 1,420 calories and a ton of saturated fat—so unless you're going to split this dish with four friends, avoid it altogether!



### Crispy Chicken Salad With Ranch Dressing

Creamy dressing can add up to 14 grams of fat. Choose a light vinaigrette instead, and skip anything "crispy"—it's code for "fried in fat"!

### Soft Baked Pretzel With Butter

You might think it's just a light snack, but with butter brushed on top, it has nearly 400 calories. The sugar-glazed pretzels have even more.



“Skip **soda** at the food court. Grab a **water** bottle instead. It will save calories, and since you can screw the **cap** back on, you can take it into more **stores** than you could a cup!”

—JoJo

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# SHOP, DON'T DROP!

Follow this plan to stay energized all day.

## 10 A.M.

Pour a bowl of **Cheerios**, and top it with a sliced **banana**. The potassium and whole grains will boost your energy, and if you go to the mall feeling full, you'll be able to resist a craving for a fattening Cinnabon when the fresh-baked scent hits you.

## 11 A.M.

Before browsing, take a window-shopping **lap around** both levels of the mall. (Use the stairs or walk up the escalators.) You'll see who's got what *and* get a mini workout—even walking at a slow pace burns about 200 calories an hour!

## 1 P.M.

**Grab lunch** at the food court. Look for one of the healthy meals we suggested!

## 4 P.M.

You may be tempted to hit the candy store, but get a 16-oz. **Orange Julius** instead. It has nearly 100 fewer calories than most smoothies, plus vitamins and fiber!



## GET FIT NOW!

Ready to get healthy? It's never too late to start! Sign up for our **New Body, New You** plan at [seventeen.com/challenge](http://seventeen.com/challenge) to find your ideal weight, get nutritious meal ideas, post about your progress or tips, and read JoJo's blog. (She's doing the plan too!)



Sign up for the challenge and enter to win a

**\$100 Lady Foot Locker gift card!**

**17 EXPERT:** Steven Aldana, Ph.D., the author of *Stop & Go Fast Food Nutrition Guide* (Maple Mountain Press, 2007).



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# are you sure you're still a virgin?

Not everyone agrees on what it means to "lose it," so we teamed up with **Sexetc.org** to survey nearly 15,000 of you on *your* definition.

## WHAT MAKES YOU NOT A VIRGIN?

what you think...

15%

say getting **fingered** or giving a **hand job**.

“I used to think getting fingered was okay 'cause it isn't **actual sex**. But last year I did it for the first time—and I felt like I'd lost my innocence.”

—jessica, 19

29%

say giving or receiving **oral sex**.

“Some people think a **blow job** doesn't count as losing your virginity, but it totally does—you can still get STDs, so it's just as big of a step as sex.”

—alice, 17

60%

say engaging in **anal sex**.

“I think any kind of **penetration** with a penis—vaginal or anal—causes a girl to lose her virginity. Both are forms of sex.”

—lasyvia, 18

76%

say if a **penis** enters your vagina at all.

“My boyfriend and I tried sex once, but it hurt so much we had to **stop**. Technically I might not be a virgin, but I still am, on an emotional level.”

—sarah, 17

99%

say vaginal intercourse with **ejaculation**.

“You're a virgin until you go **all the way**, because sex is the only thing that gets your emotions involved. Stuff like oral sex is just for pleasure—it's different.”

—courtney, 17

\*Name has been changed.

**second thought**  
Even if you've had sex, you still have the option of staying abstinent in the future.

## does virginity apply to everyone?

Lesbian readers explain what they think.

“To lose your virginity there has to be **penetration** with a penis, so the term refers only to straight vaginal intercourse. I wouldn't say I lost it to another woman, because I don't think you can.”

—andrea, 22

“To me, sex is any action that **stimulates** your body. When my girlfriend and I start kissing and touching, I consider it sex.”

—jasmere, 18

17 expert says...

Sex is complicated and there's no “**right**” definition of virginity—only what's right for **you**. The truth is that instead of worrying too much about fitting into everyone else's definition, you should ask **yoursell**. What am I comfortable with right now? That's more important than any **label**. Share your opinions, ask questions, and find out more about sex and virginity at **sexetc.org**.

### WEB EXTRA

Disagree with these opinions? Post your thoughts about virginity at **seventeen.com/virginity**.



# Yeast Infection or not?

(It could be something more)

*Now you can test for a vaginal infection at home.*

The Vagisil™ Screening Kit is the first rapid results test for home use. Not every infection is a yeast infection. This unique kit measures your vaginal pH, one of the measures commonly used by doctors to check for infection. Within minutes, it can help you know if you may need a doctor visit or not.

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In the feminine hygiene section of most drug, mass merchandise and food stores.

Use when itching, burning, discharge and odor are present.



# love for

PLAYING IT COOL

“It’s a **rule** that guys don’t call a girl for **three** days after getting her number!”



-dimitri, 22, hewlett, ny

Your cell is right there, so use it!





## EGO BOOST

“Most of the time, guys are not actually **looking** for a girl to date—they just want to **prove** to themselves or to someone else that they can get a girl’s phone number. Believe it or not, it’s totally an ego thing.”

—andy, 16, mountain lakes, nj



## NOT INTO YOU

“The only circumstance I can think of where I didn’t call a girl back after getting her **number** was when I wasn’t really that interested in her in the first place. I just **took** it to be polite.”

—andrew, 16, new york, ny



## NO CHALLENGE

“I once asked for a girl’s number at a **party** and then didn’t call her because it was too **easy** to get her digits! I probably would have called if she had made them harder to get. There was just no chase.”

—obinna, 21, jackson, nj



### QUIZ

He never called, but should you call him? Find out at [seventeen.com/quizzes](http://seventeen.com/quizzes).

# why didn't he call?

Hate to break it to you, but guys never “lose” your number. These are the *real* reasons your cell phone isn’t ringing.

## FELT DISSSED

“We guys know that a lot of times girls just hand out their phone numbers to anyone because they feel **bad** saying no. If I have that feeling when I get a girl’s number, I won’t call her. That’s why you need to show a guy you’re **interested**.”

—matthew, 18, shreveport, la



## JUST FLIRTING

“A lot of guys are probably just out having **fun** when they’re picking up girls. We assume they are doing the same. So even when we get a girl’s number, we figure **neither** person wants to take it any further.”

—chris, 21, orlando, fl



## THE LOVE DOC SAYS:

“When you give a guy your number, you have to manage your **expectations**. It doesn’t mean that there will be love—or even a date—down the road. If you keep that in mind, you automatically project more **confidence**, because you’re not pinning all your hopes on the guy (and guys think that’s hot!). If nothing happens, just shrug it off.”

—ian kerner, Ph.D., author of *DSI—Date Scene Investigation* (HarperCollins, 2006).

## WHY NOT CALL HIM?

It’s totally cool for you to ask for *his* number. He might be too shy or anxious to get yours!



GIVE  
THIS TO  
YOUR  
GUY

# show me love!

Does your guy have 30 seconds to spare? That's all it takes to let you know how much he cares.

*Dear boyfriend:  
Here's what you can do!*

**1** Leave me a cute **note** on my locker.

**2** Pay for my **lunch** in the cafeteria once in a while.

**3** Tell me I **look good** when I least expect it.

**4** Give me a **"tuck-in" call** right before I go to bed.

**5** Ask my **opinion**.  
On anything.

**6** Post a **photo** of us on my MySpace page.

**7** Pick up my favorite **candy** at the vending machine.

**8** Send me a **camera-phone picture** of something sweet.

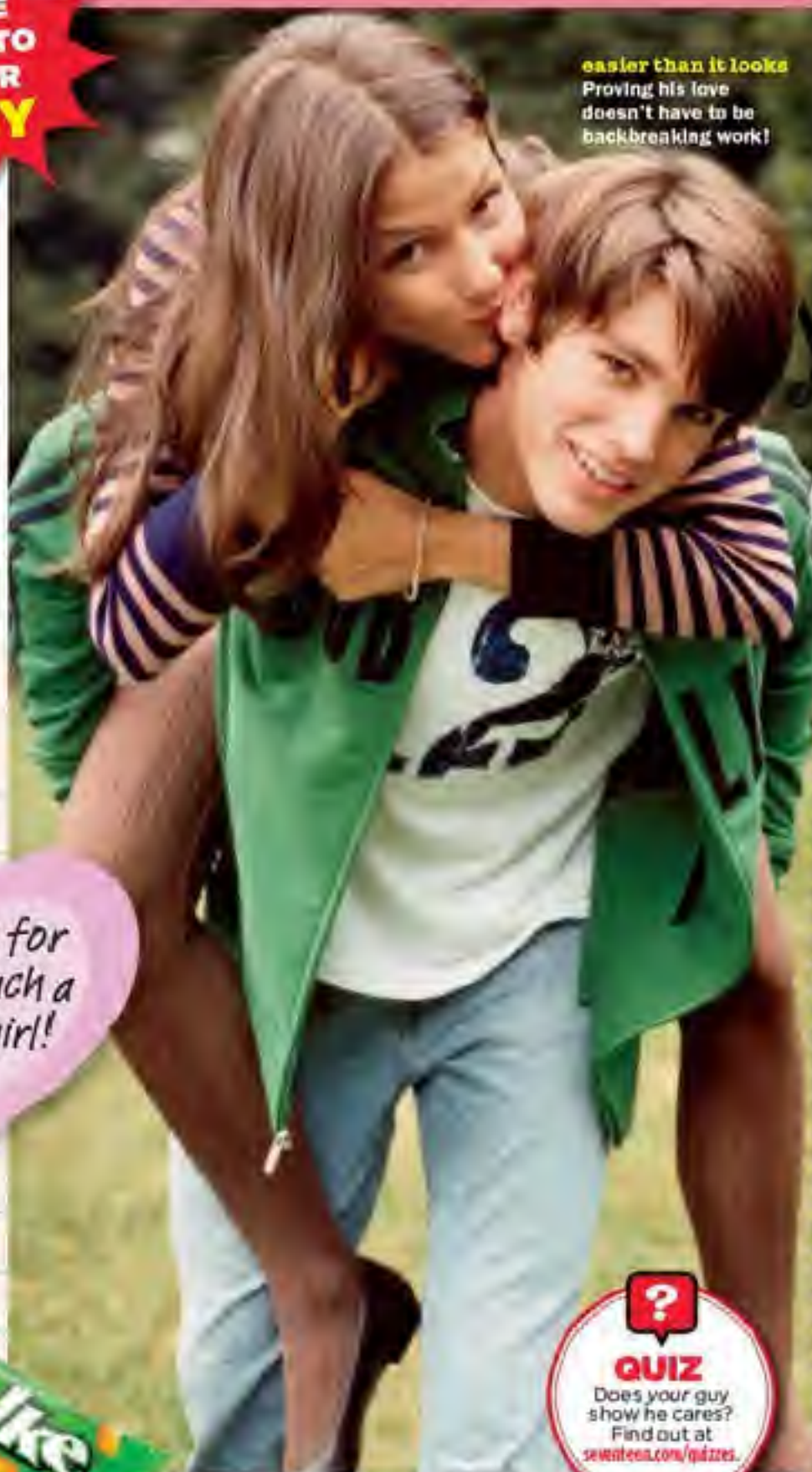
**9** Drop me a **postcard** through the mail.

**10** Save me a **seat** on the bus.

Thanks for  
being such a  
great girl!



easier than it looks  
Proving his love  
doesn't have to be  
backbreaking work!



## QUIZ

Does your guy  
show he cares?  
Find out at  
[seventeen.com/quizzes](http://seventeen.com/quizzes).

## my guy does it!



“My boyfriend, Darin, text messages me just to tell me how much he loves me. We live in different states, so it's really comforting to know that I'm on his mind all day.”

—BLYTHE, 22, FARMINGTON HILLS, MI





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## THE WARNING SIGNS

# is your crush a MySpace player?

You've checked out his profile a thousand times—now use this test to find out if you should message him too! **By elisa benson**

## QUIZ!

### ADD points

- ☐ You're on his friends list. Hey, he's got good taste! (+1 pt)
- ☐ He has at least one awkward or goofy picture on his page—it shows he's not too caught up in what other people think. (+1 pt)
- ☐ His hero is someone legit, like Dad or Grandpa (not Snoop Dogg or Homer Simpson!). (+1 pt)
- ☐ His top friend is a sibling, guy friend, or band—anyone besides another girl! (+1 pt)
- ☐ You have at least three mutual MySpace friends. (+1 pt)
- ☐ In one of his photos, he's posing with his sister, little cousin, or pet. Aw! (+2 pt)
- ☐ His interests section is smart and funny—not full of one-words, like *girlz* or *baseball*. (+2 pt)

### SUBTRACT points

- ☐ He has more than 700 friends. He obviously doesn't know them all; he just loves looking like a stud. (-1 pt)
- ☐ His picture is a cheesy MySpace pose—like one where he's holding up his shirt to flash his abs. (-1 pt)
- ☐ The same girl has commented more than five times in three days—clearly he's returning the flirting! (-1 pt)
- ☐ More than half of his top “friends” are girls in skimpy clothing. (-1 pt)
- ☐ His page's background is tacky or offensive—like, it's a half-naked Carmen Electra or a marijuana leaf. (-2 pt)
- ☐ His captions make you roll your eyes—stuff like, “You know you're looking” or “Dayum, I'm sexy.” (-2 pt)

### BONUS points!

- ☐ He commented on *your* page in the last week. (+2 pt)

**TOTAL:**  **points!**



## IF HE SCORES:

### fewer than 2 points WATCH OUT!

He may be hot, but this guy is way too obsessed with himself (and his six-pack!) to ever care about you. He won't stop trying to pick up girls online or in person anytime soon. Stay away!

### 2 to 5 points MIDNIGHT

This cutie has a lot going for him, so it's okay to overlook a few half-naked pics. But if anything on his page makes you think twice (like he posts his cell—desperate and sketchy!), it's a deal breaker.

### 6 to 10 points GO FOR IT!

He's funny, thoughtful, and sweet—you've got to make a move! Test the waters with a flirty (but casual) comment. If he returns your playful vibe, that's your cue to keep talking. He's into you too!

### WEB EXTRA

What can guys tell about you from your MySpace page? Find out at [seventeen.com/myspace](http://seventeen.com/myspace).





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Cuffed denim capris, 0-13, \$79.

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**New at Macy's.**

Belted dress in black/red,  
S-XL, \$49.

Cropped jacket in black,  
S-XL, \$44.

Printed tunic, S-XL, \$22.  
Bermuda shorts in dark  
wash, 0-13, \$59.





**Deréon**  
**New at Macy's.**  
Tube top with gold  
print. S-XL. \$39.  
Skinny jeans in dark  
wash. 0-13. \$69.  
Black dress with gold  
foil detail. S-XL. \$69.





**Apple Bottoms**

Houndstooth-print hoodie, S-XL, \$72.  
Cropped jeans in dark denim, 0-13, \$59.

See the latest looks for juniors at  
THIS!T— now showing on [macys.com](http://macys.com).  
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CHECK IT OUT!

17 suggests

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Head to **Macy's**, the ultimate **back-to-school headquarters**, to score all the must-have fall styles! Shopping is made easy at Macy's—store associates are style experts who will put together cool looks and give you tips on all the hot brands. Go to [macys.com](http://macys.com) to find a store near you.

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Pick up *Seventeen's* favorite items, available at **Walgreens**, and you could score **cool gifts and prizes**. See the Prep School section in this issue for more details.

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17[actionista]

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Wrigley's® Extra shows  
you how to live out loud on  
campus with these fun tips!

## TIP #1

### MEET & GREET:

Create fun ways to mix and mingle  
(in your dorm room or meeting hall)  
to make new friends on campus.

### EXTRA TIPS

- Get to know everyone in your hall by creating a "progressive study break" where each dorm room creates a snack and co-eds can mingle from room to room getting to know each other while eating great treats
- Create study groups for different courses
  - Create your own organization. Universities always have funding for innovative ideas



➔ Log on to [seventeen.com/liveoutloud](http://seventeen.com/liveoutloud) for more tips to help you live out loud and have fun on campus!



**TIP #2****BE A SPORT:**

Not athletic? But you have always wanted to be a part of the team?

**EXTRA TIPS**

- Organize a "potluck" team appreciation dinner so that different teams can come together
- Create fundraisers for team essentials
- Develop a "Sign Party", where a group of friends get together to create cool signs to hype the team at each game

**TIP #3****TRAVEL THE WORLD...  
ON CAMPUS!****EXTRA TIPS**

- Prepare to study abroad and create an "inspiration" board of your destination that includes all the places you want to visit
- Develop a Foreign Film Club
- Learn a new language
- Create a multicultural organization, bringing people from diverse backgrounds together to learn about one another

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**17 RUNNERS-UP WILL SCORE:**

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## adam levine

Maroon 5's charming front man  
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**adam levine**  
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“I believe  
you can meet  
someone,  
immediately  
fall in love, get  
married, and  
stay together  
for the rest of  
your lives.”

## 1. look him in the eye

Whether you're **nervous** or aloof, I feel like there's something wrong from the start if a girl doesn't **connect** with me immediately. Lack of eye contact is a deal breaker, in my opinion.

**WEB EXTRA**

Read more  
of Adam's love  
lessons at  
[seventeen.com/adam](http://seventeen.com/adam)

## 2. nix the drama

I've been with girls who are very dramatic, and to me it's a **waste**. When there's constant drama all the time, it's such a drain on your energy. Just enjoy each other's company. I think a lot of drama comes out of **insecurity**—that is probably the biggest turn-off in the entire world.

## 3. trust your friends

They can provide an **unbiased** opinion of a guy you like, and if an overwhelming majority of your friends don't like him, chances are he's a **moron** and you shouldn't date him.

## 4. try again

You might break up with somebody and realize, Oh, my God, I made the biggest **mistake** of my life—what was I thinking? If that happens, I believe you can **repair** your relationship and get back together. But you get only one “get out of jail free” card. Then if you break up again, it's really over, and you know it wasn't meant to be.

adam at 17!



*Bet his high school  
girlfriend is sorry  
they ever broke up!*

5. watch  
how he  
treats his  
mom

Have you ever noticed that guys who have **good** relationships with their mothers know how to **behave**? I'm a mama's boy—that's why I'm nice.





**TRULY REFRESHING  
COOL SPEARMINT  
REMARKABLY LONG LASTING**





# real life

Most of  
my hair is  
gone!

“my scalp  
was ripped off  
in a freak  
accident!”

Alaine, 18, spent years growing  
her waist-length hair. Then in  
one terrifying moment, it was gone.

AS TOLD TO Whitney Joiner

#### hair situation

Alaine (before the  
accident, above) lost her  
hair from the top of her  
forehead down to the  
nape of her neck (below)  
after riding a go kart.





**A**s a little girl, I loved long hair, so I decided to grow mine as long as I could. By the time I was 13, it was down to my waist.

Wherever I went, people complimented me, which always made me feel pretty.

When I was 17, all that changed. Last summer I was visiting my aunt, uncle, and cousins in Burnett, Washington, six hours from where I live in Lewiston, Idaho. We'd just finished breakfast when my 14-year-old cousin, Jonathan, said excitedly, "Hey, Alaine, let's race our four-wheeler against the go-cart!" I had driven a four-wheeler all-terrain vehicle (ATV) before, but I'd been on the go-cart only once or twice. "Cool!" I said, psyched. "I'll take the go-cart." Then Jonathan took off ahead of me on the four-wheeler to try to find a spot where we could race. I pulled my hair into a ponytail, strapped on a helmet, and hopped on the go-cart.

## HAIR TRAUMA

After just a few minutes, we were racing at about 35 miles an hour. As I tried to catch up to Jonathan, I felt a hair pulling

bone. Oh, my God! Is that my skull?! I wondered. "What's wrong with me?" I cried as my aunt raced up to me. "Am I going to die?" I screamed. She was clearly upset—but she tried to stay calm. "You'll be okay," she said, leading me to the front porch. "Sit down. We need to stop the bleeding." While my cousin Meg, 17, called 911, my aunt ran inside and came back with some damp towels. "Lie down," she instructed, laying the towels on the porch. As I lowered my head, the excruciating pain hit me like a freight train. I know it sounds strange, but I didn't panic or even cry the whole time; I was really calm. I could see Meg out of the corner of my eye, still on the phone, looking like she was going to burst into tears. "Tell them to hurry!" I yelled. "They're coming," my aunt reassured me.

## SCARY FUTURE

It was only 15 minutes before I heard the sirens, but the pain made it feel like an eternity. The ambulance roared up, and five people jumped out. A woman ran over to me and quickly wrapped my head in gauze. I shouted, "Somebody

**"I reached up to my head and felt blood—and bone."**

at the back of my ponytail. Hoping to loosen it, I started to scoot up in the seat. But it didn't come loose—my hair was caught in the driveshaft of the go-cart! I suddenly felt something warm dripping down my cheek. It was blood! What happened?! I wondered. I didn't feel much pain, but I was scared. I started screaming—my heart was pounding so loud I could hear it. I jumped out of the go-cart and jerked off my helmet as more blood streamed down my face. "Jonathan!" I yelled in his direction. "Go get your mom!" I ran the length of two football fields back to the house, shielding my eyes from the blood with my hands. When I got to the driveway, I glanced down and saw my shadow—my ponytail was gone! *Where's my hair?!* I thought. I reached up to my head and felt blood—and

go get my hair! It's stuck in the go-cart!" The EMS loaded me onto a stretcher. I was hooked up to an IV of painkillers, and the horrible ache began to dull.

Forty-five minutes later, we pulled up to the hospital, and the paramedics rushed me into the ER. In the ICU, a doctor approached me. "Your scalp was recovered at the accident," he said. "We're going to try to put it back on." Thank God, I thought, feeling relieved. One of the paramedics had found it and put it in a container with ice.

When I woke up four hours later, a nurse was in my room. She told me that the doctor was able to reattach only 40 percent of my scalp. "But don't worry," she added. "We're going to fix your scalp." I was so glad just to be alive. I wasn't worried about my hair—I just thought it would grow back.



**brave face**  
Alaine (here, wearing a wig) may need 15 more surgeries to reimplant hair into her scalp.

## REASONS TO HOPE

Over the next few weeks, I had four operations to attach a new scalp, with the last surgery using skin from my right thigh. Now, a year later, my hair still hasn't grown back, although I have a few tufts of curls at the base of my hairline. Sometimes I wear a wig, but mostly I put on skullcaps that my mom knits for me, because they don't irritate my skin. I'll admit it would break my heart if my hair doesn't grow back. In our society, a girl's hair defines her, and for years, I equated my own long hair with beauty. But I'm trying to realize that what's on the inside counts far more than what we look like.

I still think about the accident every day, and up until two months ago, I had nightmares several times a week. So I came up with a way to put it behind me for good: On the one-year anniversary of the accident, I'm having a huge party at my aunt and uncle's house to celebrate my recovery. And for the first time since last summer, I'm planning to get on a go-cart: to prove to myself that I can ride it without getting hurt, and so I can continue to heal—inside and out. **17**



## DON'T LET THIS HAPPEN TO YOU!

Take these precautions next time you're driving an ATV or go-cart:

- **tie and tuck** If your hair is long, put it in a bun; cover it with a bandanna to keep it in place.
- **wear a helmet** Be sure it's secure—and worn properly.
- **know the terrain** Don't ride an ATV on pavement or a go-cart on the lawn—and never cram on a friend if it's built for one rider, because one of you may fall off.



# are you a dangerous driver?

We partnered with the **American Automobile Association** for a survey about what you're *really* doing behind the wheel. by veronica byrd

**I**n 2005 alone, **6,000** teens and young adults ages 15–20 **died** in car crashes—the number-one cause of teen deaths in the US. Here's what you need to know to protect yourself.

**YOUR SCARY HABIT:**

**BEING DISTRACTED!**



Watch where you're going, Mischa!

**10,000**

crashes happen every year because the **driver is distracted.**



**driving with FRIENDS**

**backseat driver**  
The gossip can wait. Jessica: Keep your eyes on the road!

**58%** of teens said they **drive with friends** in the vehicle!



**talking on the CELL**

**on the back**  
How can Jess pay attention to traffic with her cell—and her pooch?

**51%** of teens **talk on their cell phones** while driving!



**driving and TEXTING**

**well-connected**  
Hope Jessica was parked for her at-the-wheel text break.

**46%** of teens **text on their cell phones** while driving!

**SAFER BET:** Don't pile pals into your car, and set ground rules, like no asking you to change a CD as you are driving. If you *have* to make a call or send a text, use a hands-free device, or pull into a parking lot.



**happier times**  
Ashley (above, right) and her friends before the accident.

## "A SMALL DISTRACTION KILLED MY FRIENDS"

I was driving friends to a school dance when one of them asked for gum. I reached to get it and took my eyes off the road for a second. I was going 70 mph and my SUV drifted into the next lane. When I looked up, I panicked and overcorrected, and the car spun out of control. Two of my friends were thrown from the car—and died. It shook me to my core. You don't think glancing away will lead to something so devastating, but it can. —ASHLEY, 19, ALISO VIEJO, CA



**YOUR SCARY HABIT:**  
**DRINKING!**



**Reckless ahead**  
Paris Hilton  
was charged with  
alcohol-related  
reckless driving in  
September 2006.

**11%** of teens admitted to **driving while under the influence** of alcohol or drugs.

**SAFER BET:** You know it's illegal for you to drink and do drugs, but if you or your ride have been partying, call a taxi or find a sober friend.

**16,800**  
car crashes a  
year are caused by  
**drinking and  
driving.**

**"I KILLED MY BEST FRIEND  
AFTER A NIGHT OF DRINKING"**

In February 2006, I was hanging out with my best friend, Laura, 18, at a club, where we danced and drank. As I drove her back to her dorm, I was so out of it, I didn't realize I was losing control of the car. Suddenly I ran off the road and slammed into a tree. Laura died at the scene. I was devastated—and was later charged with DUI manslaughter. Now I may spend 10 to 15 years in prison. One bad decision changed my life. I'm so sorry. I wish it had been me instead of Laura. —JESSICA, 20, ST. PETERSBURG, FL



**And now this**  
Laura (left) was  
killed after partying  
with her friend  
Jessica (right).

**YOUR SCARY HABIT:**  
**SPEEDING!**



**end of the road**  
Drew Barrymore  
got pulled over for  
speeding in L.A.

**40%**  
of teens say they  
have **exceeded**  
the **speed limit** by  
10 mph or more.

**SAFER BET:** Leave 15 minutes earlier than you normally would so you won't feel pressured to floor it because you're running late.

**12,000**  
traffic  
accidents each  
year involve  
**speeding.**

**SAFE HABIT!**

**WEAR A SEAT BELT**

It takes only a few seconds to fasten your seat belt—and it could save your life. Just think: **67%** of teens killed in car accidents last year weren't wearing their seat belts—while **15,000** people in crashes are still alive thanks to having one on.



**"MY SEAT  
BELT SAVED  
MY LIFE"**

I was driving home from work after it had rained. I was going the speed limit, but it was so slippery, my car slid off the side of the road. I panicked and jerked the wheel, and my Volkswagen Bug flipped over several times and landed in a ditch. But because I was wearing my seat belt, I had only a cut on my stomach and a bruised leg. I'm so grateful. —BRITTANY, 17, BAMBERG, SC



# have your best year yet!

Want to feel less insecure, be more popular, attract tons of guys, *and* get better grades? Here's your no-fail plan. BY holly eagleson

**T**he **secret** to feeling good about yourself isn't great hair or a big tally of Facebook **pals**. It's about **self-confidence**. That's why we're kicking off a plan to help you get **more** of it. It's an evolving process, so check here each **month** to help banish your **insecurity** and own the **power** you already have inside you.

**RIHANNA**

Isn't afraid to ask for respect—or admiration—and she gets it!

## SELF-CONFIDENCE

### what it is:

Confidence is the link between **dreaming** of the smart, talented, accomplished girl you want to be and actually **becoming** her. When you're thrown off by intimidating situations or people (we *all* are at times), it's important to have **inner** confidence to rely on so you keep believing you can do **anything**. Once you have it, you'll be yourself because you don't have to **prove** anything to anyone—except you!

### why you need it:

- **YOU'LL TAKE RISKS** that are healthy for you, like trying out for a new team or inviting someone you want to get to know for coffee.
- **YOU WON'T LET** yourself give in to pressure from people who could influence you to make bad choices.
- **YOU'LL FEEL FREE** to share your opinions and to stick up for yourself when someone puts you down.
- **YOU WON'T GET JEALOUS** or try to judge or undermine other girls, because you're okay with yourself.

## who needs a CONFIDENCE coach?

Maybe you, if you've ever...

- ☐ **FELT SO CRUSHED** after being criticized by someone else that you felt depressed for the rest of the day.
- ☐ **OBSESSED ABOUT** a mistake you made and couldn't laugh it off or learn from it.
- ☐ **WORRIED SO MUCH** about failing at something you really wanted to try that you didn't do it at all.
- ☐ **CONSTANTLY THOUGHT** about how others see you and what you should do to make them like you.

If you checked any of these boxes,  
**TURN THE PAGE**  
to gain more confidence this year!



FRIENDS AREN'T DISPOSABLE.  
If your friend is doing drugs or drinking, bring them back.  
ABOVETHEINFLUENCE.COM







# WEB EXTRA

How do you get confident for the first day of school? Share tips at [seventeen.com/confidence](http://seventeen.com/confidence).

## ACE THE FIRST DAY OF SCHOOL!

Even when you're feeling scared and intimidated by new guys, classes, and situations, you can find your confidence:

WHEN YOU ARRIVE:

### MAKE AN ENTRANCE

**think:** "I've done what I can to look my best."

Stop obsessing about your outfit—there's nothing you can do now anyway. Just focus on why you're *really* here: to learn to be smart and successful.

**do: Smile!** If it feels forced, think of smiling on the inside, and you'll start to beam on the surface. Then keep your shoulders down and relaxed, take a deep breath, and walk through the doors like you belong there.

**say: "Hi!" to everyone you know.** If you're afraid that people won't remember you, reaching out to other people *first* shows you're not intimidated by them—even if you are. And don't avoid the halls where the super-cliquey people hang out either: Remember, you can hold your own!

**DREW**

shows so much poise on the red carpet, you'd never know if she has the jitters.



AT LUNCH PERIOD:

### FIND YOUR GROUP

**think:** "It's only 45 minutes." Hey, even if your first lunch period is a disaster, you've survived worse before!

**do: Plan ahead**

Line up a buddy from an A.M. class who you can walk with to the cafeteria. Don't worry if she's not in your usual group; you can invite other people you do know to your table later.

**say: "I did not miss this food over the break!"**

If you're at a loss for small talk, then just make a little joke!

**KRISTIN**

didn't know anyone in Hollywood, but she made new friends, like Maria Menounos.



IN THE HALLS:

### IGNORE JERKY GUYS

**think:** "He's just being immature."

Even if his remarks hurt, remind yourself that his rude opinion isn't necessarily the reality.

**do: Hold your head high**—literally. As hard as it may be, look straight ahead and keep walking. Also, don't shrink in any body part that he calls out. You shouldn't change who you are—or what you look like—for one stupid dude!

**say: Nothing.**

If you don't give him the attention he wants, he won't see you as a target in the future.

**SIENNA**

doesn't have time for jokers—she's too busy making huge movies!



IN CLASS:

### IMPRESS YOUR TEACHERS

**think:** "I already have an A in this class. It's up to me to keep it there."

Thinking of the new school year as a clean slate will motivate you to do your best even in your toughest subjects.

**do: Get there early** so you can score a seat near the front. (Blame it on bad eyesight if you're worried about looking like a suck-up!) Plus, don't hesitate to ask questions during lessons—it proves that you're listening.

**say: "How was your summer?"**

after you say hi to your teacher. A friendly question shows you see her as more than just a meanie who can make or break your GPA.

**AMANDA**

has worked hard to earn A's with her teachers: Hollywood directors!





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Now there's an improved adhesive on every Always pad for Stay Put Protection that hangs on better than ever before. So whether life takes you up, down, or upside-down, you can just sit back and enjoy the ride. Check out our new backside and get a free sample at [AlwaysSticks.com](http://AlwaysSticks.com).

*Have a happy period.* **always**



It's a whole new experience in hair removal!

"Mine smells like a Cosmo!"

**new!**  
**Epil-Stop**  
Silky Crème  
Hair Remover

Cosmopolitan Berry  
Scent!

3  
minutes

Butter  
Almond Oil

**new!**  
**Epil-Stop**  
Silky Crème  
Hair Remover

Margarita Lime  
Scent!

Aloe  
Shea Butter  
Sweet  
Oil

"Mine's Margarita  
— what a blast!"

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Check this out...

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"Try Perfect Finish Neutralizing  
AfterWash after Epil-Stop!"





**partners in crime**  
Jessica (left) and roommate  
Abbie from Moravian College  
in Bethlehem, PA, pig out on  
Panera Bread sandwiches  
together during study breaks.

These roomies  
became  
best friends.

# make your roommate you

It's okay to admit you're a little scared to meet her.  
Use these tips to start off right. **by melanie abrahams**

## before you meet

**do:** Call her and see what she's like—what **music** she's into, what movies she loves, where she shops. Ask what the vibe was at her high school. Look for ways you're alike and appreciate how you're different.



**don't:** Set ground rules right off the bat—why introduce conflict before you even know her? Besides, she's got *plenty* of time to learn about your quirks—like how much you hate the sound of fingernail clippers while you're studying!

## on move-in day

**do:** Take a break and go get **pizza**. Over a slice, discuss how you each feel about smoking, guests, and noise. If you don't set rules now you'll both be frustrated when the other one does something annoying.



**don't:** Call dibs on the huge closet, the best bed, and the big desk. Split fairly. Otherwise she'll be irritated from the start—and it will be twice as hard to win her over.



### QUIZ

Will you be an annoying roommate?  
Find out at  
[seventeen.com/quizzes](http://seventeen.com/quizzes)

## two weeks in

**do:** Give her space. Plan a **movie night** with her once a week—but make an effort to go out with other people too. This will give you a chance to make new friends and more to chat about when you get home!



**don't:** Talk about what **she does** in the privacy of your room. It *will* get back to her, and she'll be majorly pissed. If there's an issue, meet her at a café and gently talk to her. Or else she may retaliate by peeing on your toothbrush—eek!

**PS:** If you get a roommate from **hell** who can't be won over, don't fight it out—you'll look like the bitchy one. Ask your **RA** for help!

*Hangs on for all  
the everyday ups  
and downs, too.*



Enjoy the ride all month  
long with the great  
Stay Put Protection  
of Always Pantliners.

*Have a happy period.*

**always**



**Natasha Bedingfield's  
MISSION:**

# stop teen sex slavery

Right now girls your age are being kidnapped and forced to work as prostitutes. *You* can help save them.

BY melanie abrahams

“Two years ago, my mom started a charity called Global Angels that **rescues** girls around the world who are forced into prostitution. These girls are **traumatized**, so the organization gives them counseling and job training to help them recover and start living normal lives again. Last year I went to India and met a group of these girls—some as young as 11 years old—and heard their stories first-hand. One girl said her boyfriend (a guy she *loved*) sold her into a **brothel**, where she was raped daily. Hearing her story, and dozens of others like it, made me feel sick, but it also made me work harder to help because **millions** of girls around the world live this way every day. They’re tied up, **raped**, and told if they don’t cooperate, it will only get worse. I want to make things better. As **sisters**, we need to protect each other.”

—Natasha Bedingfield

**lasting effects**  
Some girls Natasha met in India had contracted AIDS after being forced into prostitution.



**WEB EXTRA**  
What are you doing to save the world? Tell us at [seventeen.com/mission](http://seventeen.com/mission).

## make it **YOUR** mission

### WEAR THE BRACELET

Buy one of these glow-in-the-dark bracelets (about \$2, plus shipping) at [globalangels.org](http://globalangels.org) to rescue girls from dangerous situations and help them heal.

### SIGN ON

It's easy to send a message to the United Nations that sexual slavery and human trafficking of all kinds must end—just sign the petition at [stopthetraffik.org](http://stopthetraffik.org).

### SPARE SOME CHANGE

Put those coins in the bottom of your bag to good use by joining the International Justice Mission's Loose Change to Loosen Chains campaign. All the cash you collect goes to campaigns that help stop slavery. Sign up at [ijm.org](http://ijm.org).





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**let's shop!**

page 158

We scoured the mall to find the best new clothes in all your favorite stores!



**midnight blues**

page 170

Dress up your jeans (like Erykah Badu did, right) for a late night out. PS: We shot this story in NYC's Times Square—the ultimate in nightlife!



**what's she got that i don't have?**

page 176

King Cabot, the author of *The Princess Diaries*, explains why you don't have to be perfect to find your perfect guy.

# seventeen our August inspirations

THE BILLBOARD HOT 100

TITLE	WEEKS ON CHART	HIGHEST POSITION	WEEKS AT NO. 1
1. <b>Run-DMC</b> <i>My Adidas</i>	1	1	1
2. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	2	0
3. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	3	0
4. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	4	0
5. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	5	0
6. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	6	0
7. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	7	0
8. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	8	0
9. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	9	0
10. <b>Destiny Fiercings</b> <i>Love &amp; War</i>	1	10	0

**why are so many girls running away?**

page 186

Last fall *Run-DMC* inspired our eyes to the problem of runaway with his hit "Runaway Love." We got the real story on teens who leave home.



**summer love (it's not too late!)**

page 166

The weather may be cooling off, but you still have time to land a hottie! Send your summer fling with this advice.

**17-second makeovers**

page 168

When you're seriously pressed for time, these simple beauty tricks will get you in gorgeous in 17 seconds (about)—fast!



**fall beauty preview**

page 178

Our beauty director, Jane, was so inspired by fall's beautiful new makeup colors, she had to share with them. See her masterpieces here!



2006

**hilary**

page 152

Since her *Seventeen* cover in 2004 (right), Hilary's world has changed so much! Here she spills her true feelings about the worst year of her life.



2004

396

\*LET'S SHOP! PHOTO: RETE GIBSON, TIMES SQUARE. GETTY IMAGES. MENDES: JEFF KRAVITZ/FILMMAGIC.COM. DUFFY: CLIFF WATTS. COURTESY: BLOSSOM BERENSON. THE PRINCESS DIARIES: COURTESY OF DISNEY PICTURES/PICTURECUT.COM






By Carissa Rosenberg Photographs by Cliff Watts

After one of the most devastating years of her life, **Hilary Duff** is back stronger, happier, and more confident than she's ever been.

Hilary Duff is a lot tougher than she looks. As she walks into The Coffee Bean & Tea Leaf in L.A.'s Toluca Lake, Hilary, 19, seems like your average hipster chick in her all-gray outfit: skinny jeans, heels, wrap sweater, and an armful of jingling bangles. But underneath the bubbly child actor-turned-pop star exterior is a *survivor*. While most of us fall apart when we have relationship issues—or at least eat a whole pint (or two!) of the most decadent ice cream we can find—Hilary didn't crumble. ➡





ON HILARY: Dress, D&G;  
vest, Inhabiti; sterling silver  
necklace and sterling silver-  
and-Swarovski crystal  
necklace, both Rosselliani.



ON HILARY: Blouse, Rebecca Taylor; jeans, Kova & T; serpent necklace and silver-and-onyx bracelet, both Iosselliani; Lucite necklace, Lee Angel; gold-and-diamond bracelet, Irit; ring, Susana Speldel; shoes, Giuseppe Zanotti.







n the past year she has endured *two* major breakups: her parents' ongoing divorce and the end of her two-and-a-half-year relationship with her first love, Good Charlotte's Joel Madden. Through all the tears and heartache, she still managed to pull herself together enough to not only get by but to *succeed*. She is starring in two upcoming movies; her CD, *Dignity*, has earned her a number one dance hit ("With Love"); and she has her own fragrance (With Love . . .) and fashion line (Stuff by Hilary Duff).

That doesn't mean Hilary

doesn't have her vulnerable moments, though. If you listen to her album, you can hear the sadness in her lyrics—even though they're paired with upbeat dance tracks. "When all this stuff was happening in my life, I would sit down and write," Hilary explains over a cup of herbal tea. "It was all so personal that I didn't know if I really wanted to put it on the record." But after thinking about how many other people must be going through the same exact things, Hilary decided to share her feelings on the album as a sort of therapy for herself and her fans. Now Hilary opens up to *Seventeen* about the truth behind her breakup, who's giving her dating advice, and the secret to her newfound confidence.

**17: You look so happy—single life agrees with you.**

**Hilary Duff:** I was really happy in my relationship with Joel. I was with him from age 16 to 18—those are important years. He's my first love, so I'll always care about him. But I definitely feel like a different person now that we broke up. And I *do* feel happy!

**17: We've all heard the rumors that your eight-year age difference was the reason for your split, but why did you and Joel really break up?**

**HD:** It wasn't like there was some big blowout fight or one of us cheated. . . . Breaking up wasn't something we had discussed—it kind of just happened when I was home for Thanksgiving. And then I was leaving [for Bulgaria to film an upcoming yet-to-be-titled John Cusack comedy], and it was nice to get away. Los Angeles can be suffocating at times. Being in L.A.—hearing about him—that would have been hard. Since I was so far away, I didn't hear anything, and we didn't talk. I just worked and tried to forget about

it. He's a good person and someone I really care about, even though I felt kind of disrespected by him after the two of us broke up.

**17: How did he disrespect you?**

**HD:** The reason I broke up with him wasn't to be with someone else—that's not why I did it. I felt like I needed to be by myself to learn about myself and to make decisions about what is best for me. With the amount of time that we had invested in each other, I felt disrespected that he moved on so quickly. [Ed. note: *Hi! It's too cool to name Nicole Richie, but we all know she and Joel are together.*] And everyone was going to know about it because we're both in the public eye and everyone cares about where we go and who we hang out with. But some people don't want to deal with how they feel, so they cover it up. Rebound! I shouldn't say that. You know what, though? Now I don't care. After we broke up, I learned a lot about him.

**17: Really? Like what?**

**HD:** How do I want to say this? I'm not that person who goes to fancy restaurants all the time and wants to be seen everywhere. Yes, it's fun every once in a while, but I'm not going to go places where I know I'm going to be photographed. I like to cook at home and walk up to this coffee shop in my neighborhood. All of the going out he did after we broke up sort of shocked me.

*“I feel like  
a different  
person. I do  
feel happy!”*

Like, that's just so out of character for him, and when we were together, he hated stuff like that, so I felt like I just didn't really know him as well as I thought I did.

**17: You basically went through two breakups last year, because your parents are going through a divorce—that must be extra hard.**

**HD:** Normally parents get divorced when you're young and then you just grow up with that being normal. But I'm 19—basically an adult—and it hit me like a brick in the face. I was like, What? This can't happen now! I was confused and finally learned that parents are just people—which is devastating in a way. My mom and ➡



I were always close, but [the divorce] has brought us even closer together, and we're there for each other.

**17: Has the divorce affected your view on marriage?**

**HD:** I still want the cookie-cutter American dream: to get married, have kids, and have a house with a picket fence. I still believe that marriage can work.

**17: Are you dating anyone now?**

**HD:** I never meet anybody! I'm just work, work, work all the time, and I kind of thought to myself, Great, I'm going to be alone forever! I went on a couple of dates, though, but I don't think I'm the dating type of girl. Opening up to someone is hard for me anyway, because I wonder, Why do they want to get to know me? Do they *really* care about me? Are they *really* interested in me? All those questions come up, so I don't feel like my normal self opening up to someone.

**17: Do you have a type of guy you're attracted to?**

**HD:** I don't think so. When I dated Joel, everyone was like, "She likes bad boys," but he's so not a bad boy just because he has tattoos. I had never dated anyone with tattoos before—I just liked him. I think it depends on the person. But I'm not attracted to really cute boys. I

can't explain it, but if someone has a super-cute face—I'm not attracted. You know who I saw a picture of and thought was really cute, though? Christian Bale [from *Batman Begins*]. Why do I always like the old guys?! He's probably 40 and married. [*Hilary's half right: Christian's only 33, but he is married!*]

**17: Would you ever make the first move with a guy?**

**HD:** I'm outgoing, but if I don't know someone and he comes up and tries to talk to me, I just get really shy. So I told my friend, who's one of my backup dancers, "You gotta help me somehow, teach me." She saw this guy walking down Sunset and walked across the street and said, "Hey, I want to talk to you." She was like, "Girl, he was fine. I needed to go say hi to him." And they ended up getting married! I could never, ever, *ever* do that.

**17: When you're feeling down, what's your secret confidence booster?**

**HD:** Dancing. When you dance, you feel sexy. To feel good in your body—that's such a good thing. I still work on that, and maybe it's something you work on your whole life, but I definitely feel more confident since I started dancing. **17**

ON HILARY: Earrings,  
Caroline Dadiani.  
See page 154 for  
other credits.

Fashion Stylist: Nicole Chavez for Urbansirenagency.com  
Hair: Peter Savic for Solo Artists/Redken  
Makeup: Rachel Goodwin for Chanel at Magnolia.com  
Manicure: Lisa Postma for OPI/Celestineagency.com



## *hilarity's fashion obsessions*

**My style icon is ...** Kate Moss!

**My style secret is ...** I wash my clothes a lot because I want them to look worn in—Undercover, I'm a little grunge chick. I like my stuff to look dirty and messed up. I work hard to get that effect!

**My biggest shopping confession is ...** I went to Miami for two days, and I brought 12 pairs of shoes. Then I went crazy and I bought five pairs in the two days I was there! I had to buy a suitcase to get them all back home.

**I'm addicted to ... shoes!** I love anything by Christian Louboutin. And I really like Miu Miu shoes right now—they're really good! I probably have about 100 pairs of shoes and 30 pairs of boots. Is that insane?

**My favorite type of jeans is...** J Brand  
skinny jeans - I like that they come  
to my ankle without having to cuff them.  
With my midgetness, I need that!



"I wish I could shop every 72 hours," says Hillary in her Miu Miu shoes. "But I'd be broke!"



Let's  
Shop!

Why waste hours at the mall? We've  
picked the cutest new stuff from the best  
stores, so all you have to do is look hot!

photographs by juan algarin

Hot  
Topic

**Jacket** Sizes XS-XXL, \$38  
**jeans** Sizes 0-15, Tripp, \$59  
**bag** Betseyville, \$55  
**belt** Sizes 26"-50", \$24  
**shoes** Sizes 5-11,  
Converse, \$42

All items are available  
at Hot Topic stores and  
hottopic.com.



**top** Sizes XS-XL, \$40

**skirt** Sizes 0-12, \$80

**bag** \$25

**belt** Sizes S-L, \$17

All items listed are available  
at Aéropostale stores  
and [aeropostale.com](http://aeropostale.com).

# Aéropostale



**top** Sizes S-L, \$19

**sweater** (undereath  
top), sizes S-L, \$15

**jeans** Sizes 1-13, \$30

**bag** \$17

**shoes** Sizes 6-10, \$33

All items are available at  
Charlotte Russe stores and  
[charlotterusse.com](http://charlotterusse.com).

# Charlotte Russe





# Forever 21

**blazer** Sizes S-L, \$30

**blouse** Sizes S-L, \$18

**skirt** Sizes S-L, \$20

**leggings** Sizes XS-XL, \$12

**necklaces** \$8 each

**pin** \$4

**bag** \$18

**belt** Sizes S-XL, \$7

All items are available at Forever 21 stores and [forever21.com](http://forever21.com).



# Libertine





# For Target



**sweater-vest**

Sizes XS-XL, \$25

**blouse** Sizes XS-XL, \$25

**bermuda shorts**

(come with belt), sizes  
1-15, \$27

**shoes** Sizes 6-11½,  
Mossimo for Target, \$25

All items are available at select  
Target stores and target.com.



**sweater-vest**

Sizes 0-18, \$40

**shirt** Sizes 0-18, \$40

**bermuda shorts**

Sizes 0-18, \$48

**bag** \$30

**shoes** Sizes 5-11, \$30

All items are available at  
American Eagle Outfitters  
stores and [ae.com](http://ae.com).

American  
Eagle  
Outfitters



**dress** Sizes 4-8, \$60  
**blouse** Sizes 4-16, \$30  
**sunglasses** \$6

All items are available at H&M stores. Go to [hm.com](http://hm.com) to find a store near you.

# just

Fashion Stylist: Beau Quillian for UtopiaNYC  
Hair: Kevin Woon for Woon NY  
Makeup: Stephen Dimmick for M.A.C./ArtWing/LNY





**Make eye contact  
and hold it a little too  
long—he'll know  
you want to be more than  
just friends.**



# summer love

## (it's *not* too late!)

Whether you want a fun fling or a new boyfriend by fall, here's your last-month-of-summer action plan. **by** melissa daly

### Have a flirt-a-thon

**Start by:** Getting away from your usual crowd. When you're on a cruise, at camp, or at a beach club, there will be tons of cute guys who also want to keep things casual for the summer. They won't know all your friends or your life story, so you can be fun and flirty without having to get too deep.

**Follow up by:** Starting a conversation with one guy (for now!). Talk about anything—you might dismiss a guy with a lame approach, but lucky for us, guys are more forgiving. Just avoid swapping super-personal stories—you're better off saving that for a serious relationship.

**Ask him to:** An adrenaline-pumping activity, like a water park or scary movie. The physical excitement you feel will transfer to each other, making him totally hot for you (and vice versa).

### don't:

#### Flirt every guy you see.

Especially if they know each other—they will compare notes. Playing the field isn't about hooking up over and over. It's about getting to know lots of guys until you find the right match for you.

### Finally get the guy

**Start by:** Sending more-than-friends signals. You've been crushing on him all summer; now's the time to make your move. Stand closer to him than you have to. Smile, laugh, and be easy to talk to, but *only* with him so he knows he's special.

**Follow up by:** Separating him from the crowd. When you're hanging out in a group, quietly ask him a personal question about the topic at hand while everyone else keeps talking over you—instant private convo! When it makes sense, say, "Hey, give me your number, and I'll give you a ride to [wherever]." Give him yours too, "just in case you need it."

**Ask him to:** A concert or game. Look spontaneous: Wait till three days before to invite him, and say you're already going. If he can't make it, he's more likely to ask you out since you made the first move.

### don't:

#### Make him the center of your universe.

If you obsess over him and hang on his every word, you'll lose that air of mystery. Make sure you're sometimes the one who has to go or get off the phone first. Leave him wanting more!

### Make it last through fall

**Start by:** Sharing more. Been seeing a guy all summer? Revealing private details will make you feel closer. Ask him how he gets along with his family. If he's shy, spill first to help him open up.

**Follow up by:** Telling him how you feel. But not in a scary "can we talk?" way. A week before school say, "I've had such a great time with you this summer. I hope we can keep seeing each other when school starts." Then resist the urge to wait for a response; immediately move on to another topic so he doesn't feel pressured.

**Ask him to:** A block party or picnic on the first weekend after classes begin, to bridge the summer-to-school gap. Being outdoors makes people feel more romantic, and he'll see that things between you don't have to end just because the seasons are changing.

### don't:

#### Overwhelm him.

Talking about going to homecoming together before football season even starts will make it seem like dating you in the "real world" (i.e., during school) is too much work. Relax, and enjoy being with him right now.



# MAKEOVERS

**Need to look hot in a hurry? Try these quick tips and you can be ready for anything at a moment's notice!** BY rachael nichol

**FOR A NIGHT OUT**

### how-to:

**EYES:** For dramatic eyes, apply purple shadow on lids from lashlines to corners.

**LASHES:** Swipe on volumizing mascara to make your eyes really stand out.

**try:** Bourjois  
Loose Eye Shadow  
In Parme  
Etincelant, \$18,  
Sephora stores

**try:** Mark Make It Big Lash Plumping Mascara in Black, \$8, [meetmark.com](http://meetmark.com)

STILL  
WANT TO  
KNOW  
MORE?  
VISIT  
US AT  
WWW.  
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STUDIO.COM  
OR  
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1-800-828-  
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MEET  
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NEEDS.  
CONTACT  
US  
TODAY  
TO  
GET  
THE  
FULL  
STORY.  
WWW.  
MAGNET  
STUDIO.COM



## AT YOUR LOCKER

Hayden Panettiere

**try:** M.A.C. Bronzing Powder in Bronze, \$20, [maccosmetics.com](http://maccosmetics.com)

**How-to:**  
**HIGHLIGHT:** For a warm glow, apply under hallway lights, sweep bronzer onto the apples of your cheeks.  
**CONTOUR:** To make your cheekbones stand out, dust bronzer on temples and along jaw line.



**try:** Paul Mitchell Hold Me Tight Hairspray, \$8 for travel size, [paulmitchell.com](http://paulmitchell.com) for salons

## BEFORE A PARTY

Joy Bryant

**try:** Scunci No-Slip Grip Pins, \$3 for pack of 48, drugstores

**How-to:**  
**SPRAY:** To add volume and texture, flip hair over and spritz with hairspray.  
**KNOT:** For a fun look, pull hair into a bun at your crown and pin it tightly.

## AFTER PRACTICE

**How-to:**  
**HEADBAND:** To keep messy hair out of your face, first make a side part, then slip on a red band.  
**PONY:** For a cute twist, pull hair into a low, slightly off-center ponytail.

Lauren Conrad

**try:** Forever 21 red patent-leather headband, \$3; Forever 21 stones; Scunci No-Slip Grip Elastics, \$3 for pack of 18, drugstores

## ON THE BUS

Jessica Biel

**How-to:**  
**CHEEKS:** For a soft glow, first thing in the morning, smooth shimmery cream blush along your cheekbones.  
**EYES:** For no-mess eye color, use shadow with a built-in wand and apply a soft sweep to lids.

**try:** Rimmel London Soft Cream Blush in Coral Kiss, \$3; Maybelline New York Shadow Stylist in Casual Brown, \$8, both at drugstores

## AFTER LUNCH

**try:** N.Y.C. New York Color Color Wheel Mosaic Powder in Pink Cheek Glow, \$3; L'Oréal Paris HIP Brilliant Shine Lip Gloss in Giddy, \$9, both at drugstores

Eva Mendes

**How-to:**  
**CHEEKS:** To brighten your face midday, dust pink blush onto the apples of your cheeks.  
**LIPS:** When it's time to reapply gloss, a hot pink color on your lips will make your whole face feel hot!



# mini-gig blues

Your obsession with jeans and a cute top shouldn't end at dusk—here are four fun ways to dress up your denim.

photographs by dennis golonka



**17 tip:** A pair of high-waisted jeans can feel overwhelmingly trendy—but tuck in a peasant top and the whole look gets a relaxed, I-just-threw-this-on vibe.

**top**

Sizes S–L, See by Chloé, \$340, Madison boutique, Los Angeles, CA; call 323-852-4003 to order.

**jeans**

Sizes 2–10, K. A. Katayone Adeli, \$198, Bloomingdale's.

**bag**

Betsey Johnson, \$275, betseyjohnson.com.

**shoes**

Sizes 6–10, Beverly Feldman, \$168, beverlyfeldmanshoes.com.

Remaining accessories credits can be found on page 202.





**17 tip:** It's all about balance: Faded jeans paired with a sparkly tee looks dressy without it seeming like you're trying too hard!

**blouse**  
Sizes 0-12, Nanette Lepore, \$375, Nanette Lepore Boutique, New York, NY; call 212-219-8265 to order.

**tank**  
(undereath), one size, Michael Stars, \$38, michaelstars.com.

**jeans**  
Sizes 24-31, Earnest Sewn, \$165, earnestsewn.com.

**shoes**  
Sizes 5-10, Nine West, \$89, select Macy's.

Remaining accessories credits can be found on page 202.





**17 tip:** Get more mileage out of your shiny satin party dress: Transform it into a sexy tunic by putting it over gray skinny jeans.

**dress**  
Sizes 0-12, Rebecca Taylor, \$297, Penelope T, Tampa, FL; call 813-254-5740 to order.

**tank**  
Sizes XS-L, LaRak, \$188, shopbop.com.

**jeans**  
Sizes 24-31, Diesel, \$180, Diesel stores.

**bag**  
Hayden-Harnett, \$207, haydenharnett.com.

**shoes**  
Sizes 6-11, Aldo, \$100, aldoshoes.com.

Remaining accessories credits can be found on page 202.





Fashion Stylist: Lara Backmender  
Hair: Robert Lyon for Kérastase  
Makeup: Wada for Jed Root Inc.  
Still Lifes: Chris Eckert/Studio D  
Still Lifes Stylist: Christy Alcebo

**17 tip:** Super-skinny jeans need a floaty top, like a sequined baby-doll cami—you'll show off your shape without really revealing anything!

**tank**

Sizes 0–10, Mint Jodi Arnold, \$380, [intermixonline.com](http://intermixonline.com).

**jeans**

Sizes 24–32, Citizens of Humanity, \$154, Nordstrom.

**bag**

Marc by Marc Jacobs, \$218, Saks Fifth Avenue.

**shoes**

Sizes 5–11, Guess, \$110, Guess stores.

Remaining accessories credits can be found on page 202.



# blue steals



## necklaces

Long necklace, \$7; four-strand necklace, \$9; both Forever 21, both at Forever 21 stores and [forever21.com](http://forever21.com).

## top

Sizes XS-L, Wet Seal, \$23, Wet Seal stores.

## bracelets

Gold bangles, Girly Accessory, \$7 each; black-and-gold cuff, \$6; both at [lulusfashionlounge.com](http://lulusfashionlounge.com).

## bag

Rimistyle, \$45, [rimistyle.com](http://rimistyle.com).

## scarf

Echo Design, \$34, [echodesign.com](http://echodesign.com).

## jeans

Sizes 0-13, Unionbay, \$40, JCPenney.

## shoes

Sizes 6-11, Collin Stuart for Victoria's Secret, \$60, Victoria's Secret Catalogue and [victoriasecret.com](http://victoriasecret.com).



## necklace

Wet Seal, \$6, Wet Seal stores and [wetseal.com](http://wetseal.com).

## tank

Sizes S-XL, Rue21, \$20, Rue21 stores.

## ring

Forever 21, \$3, Forever 21 stores and [forever21.com](http://forever21.com).

## belt

Sizes S-L, Forever 21, \$11, Forever 21 stores.

## jeans

Sizes 1-13, Bongo, \$35, Kohl's.

## bracelets

Forever 21, \$4 each, Forever 21 stores and [forever21.com](http://forever21.com).

## shoes

Sizes 6-10, Charlotte Russe, \$23, Charlotte Russe stores.





**Your late-night look doesn't always have to break your budget. You can splurge a little—and save a lot!**



**necklaces**

White-and-gold necklace, \$6; black-and-gold necklace, \$7; both Forever 21, both at Forever 21 stores and forever21.com.

**bracelets**

Claire's, \$6 for set of five, Claire's stores and claires.com.

**bag**

Forever 21, \$10; Forever 21 stores and forever21.com.

**jeans**

Sizes 3-15, \$42, and plus sizes 14-22, \$48, Sweet Vibes, D.e.m.s. stores.

**shoes**

Sizes 6-11, Forever 21, \$30; Forever 21 stores.



**tank**

Sizes S-L, XXXX, \$40, select Dillard's and select Macy's.

**bracelets**

Lulu's Fashion Lounge, \$18 each, lulufashionlounge.com.

**jeans**

Sizes 1-13, Tyte, \$38, Macy's.

**bag**

Forever 21, \$10; Forever 21 stores and forever21.com.

**shoes**

Sizes 6-10, Charles Albert, \$34, dellas.com.







# What's She Got That I Don't Have?

No matter how good you feel about yourself, there's always going to be someone whose fabulousness manages to make you feel lame. **Meg Cabot**, world-famous author of *The Princess Diaries*, goes back to the first day of high school to share her pain.

I got it every year, just before school started: that giddy, excited feeling that anything—*anything*—could happen. Sure, I'd never been the prettiest or most popular girl in my class before. But this year? Things were going to be different. Why shouldn't they be? Hadn't I spent the whole summer working out and giving up dessert so I could lose those last five pounds? Not to mention lying on the roof of our garage, smothered in Coppertone with Sun-In in my hair, trying to get that healthy summer glow. No small feat when battling little brothers who kept shutting the window and locking me out, and a mom who kept calling me inside to empty the dishwasher.

But it all would be worth it—including the hours I spent in the outlet mall, attempting to replicate the designer outfits I'd seen in the pages of my favorite magazines—if I could just get *him* to look at me: Mr. Perfect, the guy with the locker next to mine. The one who never gave me a second glance because of *her*, Ms. Perfect, who seemed to have achieved the ideal wardrobe, body, and highlights without the slightest bit of effort, and who was consequently glued to him at the hips.

By the time the first day of freshman year finally rolled around and I strutted to the bus stop (because my friends and I had the kind of parents who gave us computers for our birthdays, not cars), I was barely able to contain my excitement. Sure, the dorky guys I'd known since kindergarten would pretend they didn't notice a difference . . . but I didn't miss the sidelong glances they shot me from behind their sunglasses. I looked good. They knew it. I knew it. This year, things were definitely going to be *different*. That feeling of excitement lasted all the way until I got off the bus. . . .


Then I saw *her*, Ms. Perfect, getting out of the red convertible her parents had gotten her for her birthday.

And she was wearing my same outfit—only the real designer stuff I'd seen in the magazines, not knockoffs! There wasn't an ounce of spare fat on her, and her tan was all over from water-skiing at the lake the whole summer, not from hours stolen here and there on top of a garage. Plus, her highlights were salon-perfect, not the result of an at-home experiment.

When I finally made it to my locker a few minutes later, there *she* was, in a lip-lock with *him*, Mr. Perfect. Then it hit me: *Nothing* was going to be different this year. *Nothing* had changed. And *nothing* ever would.

Well, I was wrong: *Something* did eventually change. It seemed hard to believe, and—okay, it took me a while to notice—but the summer after my sophomore year, the nerdy guys at the bus stop stopped looking quite as . . . well, nerdy. In fact, they looked kind of . . . cute. Had they been working out? And was it my wild imagination, or had they gotten *taller*? And when did they get so . . . *funny*? Not funny-looking, but telling-hilarious-jokes-in-class kind of funny?

Suddenly they had their own cars (with money they earned from their summer jobs), and one started offering me rides to and from school, so I didn't have to take the bus anymore. Soon my friends and I were all hanging out with him and his friends after school, and even on weekends too. The next thing I knew, he was asking me to go out with him. On dates! It turns out all those afternoons I had spent on my garage roof in my bikini? The not-so-nerdy-anymore guy from my neighborhood had been looking. So when he asked me to go out with him, I said yes!

Strangely enough, after that, Mr. Perfect stopped seeming so perfect. In fact, he started seeming kind of dumb. And Ms. Perfect? I actually felt a little sorry for her. It must be hard work, being *so* perfect all the time. Things were *finally* different, all right. And most different of all was . . . *me*. 

Meg Cabot



Meg Cabot is the author of more than 40 books, including the series *The Princess Diaries*, which has sold more than five million copies worldwide. To read excerpts from Meg's latest novels, *Queen of Babble in the Big City* and *Jinx*, go to [seventeen.com/cabot](http://seventeen.com/cabot).





## AQUA EYES

While everyone else is wearing neutrals on their eyes, make *yours* pop with these ocean shades.

**HOW-TO:** Apply a dark layer of shadow from lashlines to creases and along lower lashes. Add a sheer swipe below brows.

## FALL *BEAUTY* PREVIEW

Get in on this season's trends before anyone else. Here's a sneak peek at the pretty new makeup colors you don't have to wait to try!

BY DESI GALLEGOS PHOTOGRAPHS BY SABINE LIEWALD





**try:** Maybelline New York  
Expert Wear Eye Shadow in  
Antique Jade, \$4, drugstores



**try:** CoverGirl Eye Enhancers  
1-Kit Shadow in Aqua Paradise,  
\$5, drugstores



**try:** Clinique Colour Surge  
Eye Shadow Soft Shimmer  
in Royal Rush, \$14,  
department stores



**try:** Urban Decay Deluxe  
Eyeshadow in Adore, \$17,  
sephora.com





**try:** Maybelline New York Express Finish Advanced Wear Fast-Dry Nail Enamel in Prismetal Purple, \$5, drugstores



**try:** N.Y.C. New York Color Nail Enamel Nail Glossies in Plum Tart, \$2, drugstores



**try:** Creative Nail Design Enamel in Crimson Uprising, \$6, nail salons



**try:** OPI Designer Series in Passion, \$13, ULTA stores



**try:** Essie Nail Polish in Huckle Buckle, \$8, nail salons







## PEARLY NAILS

Last season's dark colors have been replaced by bright shimmery polish. It will make your fingertips glow—whether you're in the sun or in study hall!

**HOW-TO:** File your nails short and slightly round the corners—then brush on two coats of polish and a clear top coat.





## VELVET LIPS

Stash your summer glosses and give your lips a fresh, sexy look with an opaque rose lipstick.

**HOW-TO:** Use your finger to press lipstick onto your lips, starting in the center and working your way out. Blot with a tissue, then dab on a second layer—it will give you a deep, rich color without any shine.



# lip



**try:** Wet n Wild  
Silk Finish  
Lipstick in Light  
Berry Frost, \$1,  
drugstores



**try:** M.A.C  
Lipstick in  
Angel, \$14,  
department  
stores



**try:** Lancôme  
Color Fever  
Lipstick in S.O.S.  
Pink, \$24,  
department stores



**try:** Revlon  
Super Lustrous  
Lipstick in Sassy  
Mauve, \$8,  
drugstores





**try:** Jane Be Pure Mineral Blush in Rose Satin, \$5, drugstores

Ch



**try:** Sonia Kashuk Beautifying Blush in Nude, \$8, Target stores



**try:** Chanel Powder Blush in Horizon, \$40, department stores

ee



**try:** Black Radiance Sheer Blush in Ruby Treasure, \$8, drugstores



**try:** Physicians Formula Powder Palette Multi-Colored Blush in Blushing Rose, \$11, drugstores

ks



**try:** L'Oréal Paris Blush Délice Sheer Powder Blush in Sugar Plum, \$10, drugstores





## SUNNY CHEEKS

You can keep your soft summer glow into the fall with this season's bronzy-pink blush.

**HOW-TO:** Use a powder brush to dust the blush onto the apples of your cheeks (smile to find them) in a circular motion, then blend up toward your temples.





**1.3**  
**MILLION**  
runaway and  
homeless teens live  
on the street.





# why are so many girls **RUNNING AWAY?**

When you're having problems, you may feel like packing your bags and running away from home. But is it worth putting your life in danger? BY VERONICA BYRD

**W**

e've all had huge fights with our parents—over grades, a curfew, a boyfriend, or the need for a little more freedom—and wanted to stuff some clothes in a bag, climb out of our bedroom window, and leave without telling our parents where we were going. No more rules or homework. No mom or dad telling us what to do.

Running away from home may sound like the answer to all of your problems. But in reality, it only causes *more* problems. For most girls, living with their parents means they will at least have food and a roof over their head. And it's true that for some girls with abusive parents, home feels less safe than living on the street. But no matter why home feels unlivable, if they run away, chances are good that life will be even *worse*. A lot of runaways end up sleeping in a park or vacant building, eating out of trash cans, or living with drug dealers or perverts who let girls stay with them in exchange for sexual favors. Runaways may become so desperate they'll do *anything* to survive—like stealing, selling drugs, or prostituting themselves.

It's a dangerous and depressing scenario, yet girls—regardless of their race or class—still run away. Each year an estimated 1.6 million teens leave home, according to the National Runaway Switchboard, a group that helps kids who have left home or are thinking about it. What makes them do it? And how can we help stop them before it's too late? Turn the page to find out. ➡



# WHY GIRLS RUN

Problems with parents or siblings is the top reason teens leave home. Three girls tell why they ran away—and what happened next.

***“I was always fighting with my mom!”***



**brittney's story**

I never felt like I was good enough for my mother. She criticized me a lot about my grades—if I got B's on my report card, she'd ground me for weeks at a time until I got all A's. It was like she wanted me to be perfect. In October 2005, when I was 14, we had a huge argument after she wouldn't let me go to a friend's Halloween party. I know it doesn't sound

like a big deal, but I'd had enough. I didn't want to fight anymore.

So that night I packed some clothes and a blanket, and I left without telling anyone where I was going. I had only about \$5 in my pocket and I walked around for hours crying, not sure what to do. Then I saw an old mattress under an abandoned semitruck and decided to stay there. It was on a vacant lot behind an apartment complex, and there weren't any people around. I was so scared that someone would attack me, especially at night, and it was freezing! I had to put on all three outfits I'd brought and my wool coat to keep warm.

All I had to eat was Doritos that I bought at a nearby convenience store. I had a travel-size toothbrush and toothpaste, and I washed my face with a Stri-Dex pad. After a few days, I was dirty and smelled bad, so I finally called my boyfriend and he sneaked me into his house to bathe. He even stayed with me one night under the truck.

I knew I was taking a huge risk by living on the streets, but I was still angry and refused to go back home. One day I was walking around and saw a poster with my picture on it in a store window, so I knew my parents were looking for me. I was sure they'd called the police, so I didn't want to go to a shelter—I was too afraid the cops would look for me there.

After two weeks, I started to miss my five brothers and sisters and school, so I decided to go home. It was okay at first, but a month later, I had another blowup with my mom and left again. Over the next year, I ran away six times. Eventually I moved in with my grandmother, who's not as strict. I finally realized that running away doesn't solve anything—because when you go back home, the problems will still be there. **—Brittney Swinehart, 16, Mishawaka, IN**

That's her missing poster!



***“I wanted to be with my boyfriend!”***



**ashley's story**

My mom didn't like my friends and she especially hated my boyfriend, who was 10 years older than me, so we'd argue almost every day—once we even got into a physical fight. But I loved him and really wanted to be with him. When my mom told me that I couldn't see him anymore, I was so mad that I left. It was 2005 and I was 17 and a junior in high school. I dropped out and moved into an apartment with him and seven other people, some strangers. One of my roommate's friends kept creeping me out. He'd come on to me even though I wasn't interested, which worried me because I didn't know how far he'd take it. After six months, I didn't want to live in an overcrowded apartment anymore and went home—but five months later I got fed up again and ran away to stay with some friends. I didn't have a job and I couldn't help with the rent, so I got kicked out. I felt so desperate, I was caught shoplifting in a Wal-Mart and later broke into a house to steal money for food and cigarettes. I was arrested and spent two weeks in jail—that was the lowest point for me. I felt like I'd hit rock bottom. So I called my mom to ask for help. I moved back home thinking my life would get better, but then I found out I was pregnant. Everything was such a mess. It's important to think about who you're hurting when you run away. I *did* hurt my family—but I mostly hurt myself. **—Ashley Kunath, 20, Clatonia, NE**

**IF YOU FEEL LIKE RUNNING AWAY—GET HELP NOW!**

Call the **National Runaway Switchboard (800-RUNAWAY)**. They offer confidential counseling 24/7, including tips on how to handle family or school problems.



# Teen guilty of killing businessman

**"I started hanging out with a bad crowd!"**

In 2004 **Cyntoia Brown**, now 19, ran away and ultimately turned to prostitution. One night she shot and killed a man she thought was going to attack her. She was convicted of murder and sentenced to 51 years in prison.



**cyntoia's story**

**G**rowing up in Nashville, Tennessee, I was a straight-A student and was involved in sports and cheerleading. In eighth grade, when I was 13, I was accepted into a program for gifted kids. We took advanced classes in English and math. While in the program, I met some older students, and they asked me to hang out and do drugs. Soon I was skipping school with them to get high.

When my mom found out, she was furious. But being with them was more fun to me than staying home doing chores or homework. I liked being independent—and doing whatever I wanted. When my parents told me I couldn't see my friends anymore, I decided to run away. One of my friends had done it, and it sounded exciting.

I lived on the streets, and then with strangers I'd met in the park. But the police found me and sent me home. I ran away several times over the next few years, and I started selling my body so I'd have money to buy food and more drugs. In August 2004, I was at a restaurant when I met a man who asked me if I was homeless. When I said yes, he told me that I could stay at his house for a few days. I was so happy, but once I got there, he showed me his gun collection and I was *terrified* that he'd hurt me. On the second night, when he wanted to have sex and I didn't, I thought he was reaching for a gun, so I grabbed a handgun that I carried to protect myself. Without thinking, I shot him. Last year I was convicted of murder and will spend most of my life in prison. I have so many regrets—letting kids pressure me to do things I knew were wrong, letting my family down, and, mostly, taking a man's life. Now I know that running away is *never* the answer. The problems you think you're running away from stay with you—and can lead you to make even bigger mistakes that can't be undone.

**Living prison**  
Cyntoia turned to drugs and prostitution after she ran away from home.



**50%**  
**of runaways are girls.**

## HELP A FRIEND

If you know someone who says she wants to run away, here's how to stop her:

- ☒ **Ask her why she wants to leave.**  
Does she have an abusive parent or sibling? Is she into alcohol or drugs? If so, tell a trusted adult, like your parents, teacher, or counselor.
- ☒ **Invite her to spend the night.**  
If she had a blowup over her breakup or a boyfriend, she may need a day away from home to calm down and figure out how to handle it.
- ☒ **Tell her to talk to her parents.**  
Role-play scenarios with her, so she won't do or say something in the moment that she'll later regret.
- ☒ **Call the police.**  
If she confides in you that she's being sexually or physically abused, tell your parents immediately, so they can contact the police.





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your

# weekend



**groovy garden**

(GET MORE IDEAS ON P. 192.)



**victorian goth**

(GET MORE IDEAS ON P. 193.)



**parisian boudoir**

(GET MORE IDEAS ON P. 194.)

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CHRISTIAN LOR



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RUNWAY PHOTO: MARY MURPHY



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# TRAUMARAMA!

Everyone has had humiliating moments.

## SWEET CHEEKS

“ I was waiting in line to get a cake at the grocery store. I got tired of standing, so I decided to lean on the cupcake case. Turns out, there was no glass around the case—and I fell right in! Everyone laughed when they saw my butt covered in icing. ”



### waterfall

"I was at a basketball game with a few of my friends. We were really thirsty, so we decided to go to the water fountain to get a drink. The fountain was just outside the gym, and as we were walking there, I tripped over a bag and fell right onto the court—in front of all the hot guys. The referee had to stop the entire game while my friends helped me up! It was the worst, and the whole gym (including all the players) laughed. I was so embarrassed."

### snack attack

"My family was watching one of my brothers play in a soccer tournament, and my other brother and I were getting hungry. As we went to grab some food at the concession stand, my mom told us not to eat too much because we were going out for dinner when the game was over. After I got my candy, I saw my brother walking in front of me with a big pile of food on a tray. So I punched him in the back and jokingly said, 'Fatty! Save some for the rest of us.' Turns

out, it wasn't my brother—it was a complete stranger! I felt so bad."

### adult content

"Last summer my friend invited me to visit Las Vegas with her family. One night she and I decided to go out on our own. As we were about to drive away from the hotel, I remembered that I had left my hair straightener on in the master bathroom, which was off the room where my friend's parents were staying. I ran back in to turn it off. But when I barged in, I caught her parents having sex! We just stared at each other in shock. The rest of the weekend, I wished I'd stayed at home!"

### ballbuster

"A group of my friends from school went to the mini-golf course one weekend. I'm usually pretty bad at the game, so my crush was giving me a few pointers and putting his arms around me to help me swing. After the lesson, I closed my eyes and swung hard, hoping that the ball wouldn't land in the water or anything like that. As

I was swinging, I hit something behind me and heard my crush yell out. I turned around and saw that I had smacked him right in the crotch with my golf club. Oops!"

### red in the face

"I was making out with my boyfriend when I started sniffing like I had a runny nose. When I pulled my head back, I saw that his face was completely covered in blood! I had gotten a nosebleed during our makeout session and smeared it all over his face! I was so mortified that I didn't even know what to say."

### double stuff

"I was over at a friend's house, and we decided to go to the beach. I didn't have my bathing suit with me, so I just borrowed one of hers. She's a little bigger than me on top, so I stuffed the chest with toilet paper. I figured it would be okay since we weren't going in the water. When we got there, I noticed that



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the cute lifeguard kept looking over at me, so I tried to smile at him and make eye contact. He started laughing hysterically, and I didn't know why—until my friend pointed out that my toilet-paper boobs were sticking out of the suit for everyone to see! I was *completely* humiliated."

## FAMILY AFFAIR

“One night I had a babysitting job, and my boyfriend wanted to come over. I knew the parents might not approve of that, so I brought him with me—but told them that he was my cousin who had come into town unexpectedly, so I was hoping he could hang out while I watched the kids. They said it was fine. But then a few days later, my boyfriend and I were making out on a park bench in the same neighborhood. I didn't notice that the parents were there too, playing with their kids! The mom walked up to me and said, 'Did your cousin get to stay here for a couple more days?' I was totally mortified—and they never asked me to babysit again!”

## blowout

“I was talking with my friend and my crush when I started laughing hysterically at something my friend had said. All of a sudden, a huge snot flew out of my nose! Hoping my crush hadn't noticed, I quickly excused myself and got a tissue. But when I came back, he was almost falling out of his seat cracking up. I wanted to die.”

## ho, no

“My crush asked me to go to the movies with him and some friends. When we got there, he put his arm around me. I was so happy! Then this lady with tight pants and a tank top that was three sizes too small walked into the theater. I whispered to him, 'What a ho.' He gave me an evil look and said, 'That's my aunt. She's our ride home!'”

## undressed to impress

“It was my best friend's birthday, so a bunch of us took her out to a fancy restaurant. We all dressed up for the occasion, and I was wearing the cutest short red halter-dress, which tied around my neck. It kept riding up, so I had to keep pulling it down under the table. I must have tugged a little too hard—because all of a sudden the tie came undone and the whole top fell down! Then as I stood up to run to the bathroom, the bottom started riding up again! Everyone in the restaurant got a sneak peek at both ends. Good thing I was wearing a cute matching bra-and-panty set.”

## wedding brawls

“My family and I were at a wedding when I had to go to the bathroom really badly. The ceremony hadn't started yet, so my mom told me to hurry up and go. I ran out to the hall and pushed open the bathroom door, which was pretty heavy. Little did I know, the bride was just on the other side, getting ready to come out. I swung the door right into her face! The force of the blow gave her a bloody nose, and we both started crying!”

## MOST EMBARRASSING TRAUMA EVER!

Which of these traumas do you think is the most cringe-inducing? Vote for your pick at [seventeen.com/traumasweeps](http://seventeen.com/traumasweeps), and you could win an EXILIM Hi-Zoom EX-V7 digital camera (worth \$400)! At the end of the year, the reader who submits the winning story will score a grand prize. (So send in your trauma after you vote!)









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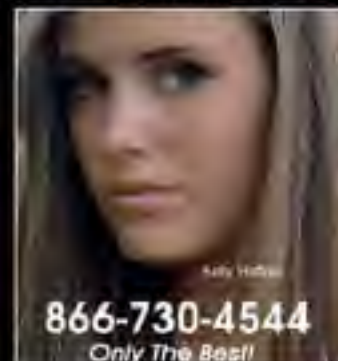
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**AUGUST 14**

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## Sweepstakes Rules

**NO PURCHASE NECESSARY TO ENTER OR WIN.** Sponsored by Hearst Communications, Inc. Odds of winning will depend upon the total number of eligible entries received. Must be between the ages of 13 and 29 and a legal resident of the 50 United States, District of Columbia, or Canada. Void in Puerto Rico, Quebec Province, and where prohibited by law.

**HOW TO ENTER DAILY FREEBIES** (page 24): Complete and submit the online entry form at [seventeen.com/freebies](http://seventeen.com/freebies) beginning at midnight ET, August 1, 2007, through 11:59 P.M. ET, August 31, 2007. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE HILARY DUFF DOWNLOAD PROMOTION** (page 40): Complete and submit the online entry form at [seventeen.com/freebies](http://seventeen.com/freebies) beginning at midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. The first ten thousand (10,000) readers to enter code "seventeen" on the entry form will receive one (1) free download of Hilary's hit single "Stranger" from her *Dignity* album. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE TEEN READER FEEDBACK SWEEPSTAKES** (page 44): Complete and submit the online entry form at [survey.seventeen.com](http://survey.seventeen.com) beginning at midnight ET, January 5, 2007, through 11:59 P.M. ET, December 30, 2007. One (1) winner will receive \$500, and ten (10) winners will receive \$100. Total approximate retail value of entire prize package: \$1,500. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE TEXT & WIN SWEEPSTAKES** (page 103): Send a text message to number 83200 from your text messaging-capable wireless device with one of the following votes: "DRY YES" or "DRY NO" from midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. Once you vote, you will receive a text message confirmation on your text messaging-capable wireless device and will be entered in the sweepstakes. Vote as many times as you like, but you will be entered in the sweepstakes only once. One (1) winner will receive one (1) T3 Bespoke Labs Evolution Dryer (approximate retail value: \$300). Entrants will be charged for sending, receiving, and responding to SMS according to their carriers' rate plan(s). If you prefer, send your vote on a 3½" x 5" postcard, along with your name, telephone number, and the issue's month to *Seventeen*, P.O. Box 1707, Sandusky, OH 44871-1707. Mail entries must be postmarked by August 13, 2007, and received by August 17, 2007. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE HAIRSPRAY SWEEPSTAKES** (page 104): Complete and

submit the online entry form at [seventeen.com/freebies](http://seventeen.com/freebies) beginning at midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. Twenty-five (25) winners will receive one (1) Sebastian Shaper Plus Limited Edition Ultra Clutch Version (approximate retail value: \$14). Total approximate retail value of entire prize package: \$350. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE LADY FOOT LOCKER SWEEPSTAKES** (page 125): Sign up for the New Body, New You plan at [seventeen.com/challenge](http://seventeen.com/challenge) to enter beginning at midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. One (1) winner will receive one (1) \$100 gift card to Lady Foot Locker. Total approximate retail value of entire prize package: \$100. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE JCPENNEY GIFT CARD SWEEPSTAKES** (page 194): Complete and submit the online entry form at [seventeen.com/freebies](http://seventeen.com/freebies) beginning at midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. Three (3) winners will receive one (1) \$250 gift card to JCPenney. Total approximate retail value of entire prize package: \$750. Sweepstakes subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

**HOW TO ENTER THE TRAUMARAMA! SWEEPSTAKES** (page 198): Go to [seventeen.com/traumasweeps](http://seventeen.com/traumasweeps) and vote for your favorite trauma beginning at midnight ET, July 3, 2007, through 11:59 P.M. ET, August 13, 2007. One (1) winner will receive one (1) Casio EXILIM Hi-Zoom EX-V7 camera (approximate retail value: \$350). Total approximate retail value of entire prize package: \$350. Contest subject to complete Official Rules available at [seventeen.com/freebies](http://seventeen.com/freebies).

## midnight blues

ACCESSORIES CONTINUED FROM PAGE 170

On model, page 170: **linknecklace** Lia Sophia, \$738, [liasophia.com](http://liasophia.com). **gold-and-lucite necklace** Betsey Johnson, \$140, Nordstrom. **white bracelet** Coach, \$128, 866-262-2440. **brown-and-rhinestone bracelet** KH Studio, \$40, Main Floor, New York, NY; call 212-594-0034 to order. **green bracelet** Lia Sophia, \$380, [liasophia.com](http://liasophia.com). **gold bracelet** R.J. Graziano, \$48, call 212-685-1248 to order. **belt** Karen Walker, \$200, Creatures of Comfort boutique, Los Angeles, CA; call 323-655-7855 to order.

On model, page 171: **earrings** Miriam Haskell, \$210, call 212-764-3332 to order. **necklace** Twinkle Jewels, \$108, [winknyc.com](http://winknyc.com). **belt** Sizes S-L, Betsey Johnson, \$40, [betseyjohnson.com](http://betseyjohnson.com). **blue cuff** Vita, \$220, [atriumnyc.com](http://atriumnyc.com). **brown bracelet** Hayden-Harnett, \$90, [haydenharnett.com](http://haydenharnett.com). **ring** Subversive, \$278, [subversivejewelry.com](http://subversivejewelry.com).

On model, page 172: **necklace** Betsey Johnson, \$98, [betseyjohnson.com](http://betseyjohnson.com). **rhinestone bracelets** Alyssa Norton, \$128 each, Demier Crl boutique, New York, NY; call 212-242-6061 to order. **ring** Noir NYC, \$60, Noir NYC boutique, New York, NY; call 212-244-4846 to order.

On model, page 173: **blue ring** Glamour, \$54, Main Floor, New York, NY; call 212-594-0034 to order. **two-tone ring** Lia Sophia, \$180, [liasophia.com](http://liasophia.com).








# August horoscopes

by sally brompton

**WEB EXTRA**  
Check out  
your horoscope  
every day at  
[seventeen.com/horoscopes](http://seventeen.com/horoscopes).

## leo

**July 23–August 22**

Mercury, the planet of communication, enters your sign on August 4, causing a new guy to reveal his feelings—you've been waiting for someone like him! You'll want to play hard to get, but the games won't last long. The new moon on August 12 will make you realize you like him too! 


## virgo

**August 23–September 22**

Your level-headed advice is just what one stressed-out friend needs this month—you'll know how to solve her big problems. But when the lunar eclipse on August 28 brings even more drama for the two of you, plan a fun day trip (like to an amusement park!) to lighten the mood.



## libra

**September 23–October 22**

With Venus, the planet of love, moving retrograde, it seems like you'll be falling out of love with a big summer project—so find another hobby. Thankfully the new moon on August 12 will prompt you to help others: Charity work could be the answer to everything! 

## scorpio

**October 23–November 21**

Creativity and cash will flow from August 15 to August 19. Pour your spare time into a fun activity, like making jewelry. It will become more than just a way to fill the time—you'll make some extra bucks and a name for yourself. Use the money for a new wardrobe!  

happy birthday!

## leo

**leo girl is:**  
Outgoing, enthusiastic,  
and dramatic.

**your special trait:**  
You love being the  
center of attention!

**your little secret:**  
You tend to be a bit bossy.

**best matches:**  
Aries, Gemini, Sagittarius.

**best avoided:**  
Taurus, Scorpio, Pisces.

**lucky days:**  
August 2, 12, 19.



WILL THIS MONTH BRING...



INSTANT STARDOM? EXTRA CASH? LOTS OF LOVE? HAPPY DAYS? MAJOR JEALOUSY?



## sagittarius

**November 22–December 21**

Love planet Venus moves into a passionate spot on August 9, making now the time to spark things up again with that ex you still have feelings for. Someone will be very jealous of the two of you (especially around August 15), so watch your back!  



## aquarius

**January 20–February 18**

So far, this summer has been the same old routine, but that will all change. August for you is about adventure: seeing new places, meeting new friends, and falling for a new guy. When you try something for the first time on August 12, the new moon will bring you success!  

## aries

**March 21–April 19**

After weeks of being in a total funk, you'll finally feel the fog lift. You'll be in particularly good spirits on August 2 when a great job comes your way. Keep flashing that killer smile—a bunch of really cute guys will definitely take notice.  

You're having the best month!


## pisces

**February 19–March 20**

Your compassionate side will come out when Mercury, which rules communication, changes signs on August 19. When a distraught friend spills her feelings about a guy you like, keep a clear head and help her. Your shoulder is the one she needs right now.


## taurus

**April 20–May 20**

You've never been one to follow a trend—you're known for your individuality. But a beauty change you make around August 15 will cause you to really stand out (in a good way)—and cause some jealous people to get nasty. Forget them! You need to please only yourself. 


## gemini

**May 21–June 20**

You'll meet a guy at a party on August 18 and be tempted to blow off your friends to spend every second with him. Think twice before hopelessly devoting yourself—when the romance fizzles at the end of the month (good riddance!), you'll need your girls by your side! 

## cancer

**June 21–July 22**

A family problem will preoccupy you for a few weeks—but don't waste your last days of summer worrying about things you can't change. The lunar eclipse on August 28 will give you a fresh outlook and newfound confidence. You'll carry it into the school year too! 



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## 8-WEEK CLINICAL REPORT



name Kayla

age 15

describe your skin at the start of this study oily with lots of

pimples everywhere

what do you like about the system? I like that it's easy and quick to use, which is

great because I have a busy schedule. And it's important that I can get it

early. I don't have to call my doctor, get a prescription filled, etc.

summarize the results you have experienced I thought it was going to be like all the other

products I've tried. They worked for a week and then stopped. But this kept

working! It was pretty amazing. My skin is clearer. It's less oily, but it's not any

do other people notice? People look at me in the eyes, more directly, not at my

acne. They pay attention to me.

will you continue using the system after the study? After trying a million things, I've finally

found something that works, so yes, I want to keep using it!

To get results like this, you need the

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